**Monday 4-10 AM Masters**

**Warm-Up (800)**

250 Swim Loosen

+

**FINS w/snorkel optional**

2 x 75 @ R/:15 - 25 Right side kick/25 Left Side Kick/25 3-touch (Create line!)

2 x 50 @ R/:10 - Swim + Breath Every 3 (1 Strong, 1 Faster)

**Set 1: (2400/3200) A B C**

2 x 250 – Hold Sustained Speed 3:30 3:55 4:20

3 x 50 – Hold SC + Descend 1-3 :50 :55 :60

1 x 150 – Hard Effort – Go! 1:50 2:05 2:20

1 x 100 EZ – Stay BIG! R/:60 R/:60 R/:60

2 x 200 – Hold Sustained Speed 2:50 3:10 3:30

3 x 50 – Hold SC + Descend 1-3 :50 :55 :60

1 x 150 Hard Effort – Go! 1:50 2:05 2:20

1 x 100 EZ – Stay BIG! R/:60 R/:60 R/:60

2 x 150 – Hold Sustained Speed 2:10 2:25 2:40

3 x 50 – Hold SC + Descend 1-3 :50 :55 :60

1 x 150 Hard Effort – Go! 1:50 1:50 1:50

1 x 100 EZ - Stay BIG! R/:60 R/:60 R/:60

**Set 2 – (600/3800)**

12 x 50 @ :55/:60/:65

1. Hold Stroke Count each 25
2. -1/-1 by 25
3. Hard Overkick + Breath 3
4. Flutter Kick Fast w/Board – Hit the legs!

Swim Down till loose