**Monday 5-8 Masters – LC Meters**

**Warm-Up:**

8 x 50 @ R/:10

 **Odds** – Flop + 6 x Bobs

 **Even**s – ¾ Catch-up Freestyle – Stay Long

**Set (2400/2800)** **A** **B** **C**

300 Pull w/gear 6:30 7:00 7:30

2 x 50 Swim - Add legs + hold consistent kick :55 :60 :65

3 x 100 Smooth 🡪 Low SC + Breath 3 1:40 1:50 2:00

2 x 200 – Race 1st 50/150 Smooth 3:15 3:30 4:45

3 X 100 Smooth 🡪 Low SC + Breath 3 1:40 1:50 2:00

3 x 150 Descend 1-3 2:15 2:30 2:45

1 x 50 As fast as possible :60 :60 :60

3 x 100 Smooth 🡪 Low SC + Breath 3 1:40 1:50 2:00

2 x 100 – 12.5M Fast off each wall/37.5 EZ 1:40 1:50 2:00

**LEGS – 4X (600/3400)**

1 x 50 Flutter Kick w/board @ :1:10/1:20/1:30

1 x 100 Swim @ 1:40/1:50/2:00 (50 Overkick/50 Build to All Out)

Swim Down till you feel loose