

Thursday March 1st 5:30-7

Masters Set

100 swim choice

4 x 25 breast w/ dolphin kick @ 35/+

100 swim choice

4 x 25 breast with flutter kick @ 35/+

100 swim choice

4 x 25 w/ whip kick @ 35/+

8 x 50 25 side kick / 25 backstroke swim (roll focus) @1:05/ 1:10/+

6 x 75 backstroke (25 bk switch/ 25 4K switch/ 25 regular stroke) @1:30/+

8 x 100 alt. choice @ 1:30/1:35/+ / 50 back/50 breast (middle 50 (25 back/25breast) is sprint) @ 1:45

5 x { 150 swim @ 2:30/2:40/ +
250 pull @ 3:50/ 4:00/+

Total: 4250