

## **Saturday March 3<sup>rd</sup> Masters Set**

### **Warm-Up**

200 free/back on 1:00 rest

6 x 50 pull free/back on 1:00

6 x 75 (25 KOB/ 50 build free) on 1:30

### **Main Set**

200 8 fly (every 25 add another stoke) on 4:30, 4:45, 1:00 rest

8 x 50 (alt. PB + 5 seconds/ easy) on 50, 1:00, 30 secs rest

4 x 100 IM on 1:45, 2:00

6 x 100 (25 dolphin kick/ 75 build choice) on 1:45, 2:00

4 x { 100 sprint free- timed  
50 easy on 1:00

### **Turns and Dives??**

### **Cool Down**

100 free

100 back

50 KOB

Total: 3350