



SET #1: IT'S ALL DOWNHILL FROM HERE

SPICINESS RATING: 3.5 🌶️🌶️🌶️

YARDAGE TOTAL: 2,500

WARM UP

300 Choice Swim – 200 Pull – 100 Kick --- 600

MAIN

250 Free w/ Fins – Moderate 3:45

5 x 50 - Build each 50 to a Fast Finish :50

200 Pull – Moderate 3:00

4 x 50 – Hard :55

150 Choice Swim w/Fins 2:15

3 x 50 1- Moderate 1-Hard 1-Fast 1:00

100 Pull – Easy 1:30

2 x 50 – Fast! 1:15 1400/2000

COOL DOWN

5 x 100 ---

1+2 = Pull Easy

3 = Kick Easy

4+5 = Swim Easy Choice 500/2500