



**SET #10: IT'S A PYRAMID, BUT NOT A PYRAMID SCHEME**

**SPICINESS RATING: 3.5** 🌶️🌶️🌶️

**YARDARGE TOTAL: 2,600**

**WARM UP**

300 Free Swim Every 4<sup>th</sup> 25 Double Arm Backstroke, 200 Pull, 100 Kick + 4x25 IM Order 700

**MAIN**

1x100 Moderate Free + 2x25 Easy Choice	1:30/:40	
2x100 1- Moderate,1- Hard Free + 4x25 Easy Choice	1:30/:40	
3x100 1- Moderate, 1- Hard, 1- Fast Free + 300 Easy Choice	1:35/6:00	
2x100 1- Moderate, 1 Fast Free + 4x25 Easy Choice	1:40/:40	
1x100 1- Fast! Free + 2x25 Easy Choice	1:40/:40	1500/2200

**COOL DOWN**

8 x 50 2- Kick Easy, 1 Easy Stroke, 1 Easy Free 400/2600