



SET #100: GOOD VIBRATIONS

SPICINESS RATING: 5.0 🌶️🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 3,000

WARM UP

300 (100 Swim/100 Pull/100 Kick)

300

MAIN

2 x 125 (100 Free + 25 Fly) Moderate

2:15

1 x 50 Double Arm Backstroke Easy

1:00

3 x 75 (50 Free + 25 Fly) Moderate

1:30

1 x 25 Double Arm Backstroke Easy

1:00

4 x 50 (25 IM Order + 25 Free) Stroke = Hard, Free = Easy

1:00

1 x 100 Easy

3:00

2 x 250 (75 Free + 100 IM + 75 Free) IM = Hard, Free = Easy

5:00

1 x 200 Pull Breathe every 3-5 x 50 Moderate

3:30

2 x 200 (50 Breast + 100 IM + 50 Breast) IM = Hard, Breast = Easy

4:30

1 x 150 Pull Breathe every 3-5-7 x 50 Moderate

2:30

2 x 150

3:00

#1 Kick- hard effort!

#2 (50 free/50 Double arm back/50 free)

2400/2700

COOL DOWN

6 x 50 1 Choice Swim, 1 Kick Easy

300/3000