



**SET #11: ONE FOR THE MONEY, TWO FOR THE SHOW**

**SPICINESS RATING: 4.0** 🌶️🌶️🌶️🌶️

**YARDARGE TOTAL: 2,650**

**WARM UP**

200 Freestyle + 3 x 50 Kick + 200 Pull

550

**MAIN**

2 Rounds

4 x 25 15m Descend 1-4 to Hard 10m Easy	:35
200 Steady Rhythm, Strong Kick	3:15
50 Easy Choice	1:00

2 Rounds

2 x 50 Freestyle #2 Faster than #1	:50
150 - 2nd 100 Faster than 1:20	2:20
50 Easy Choice	1:00

2 Rounds

1 x 75 Freestyle with 3 Dolphin Kicks off the wall	1:15	
1 x 25 Fly	:45	
1 x 100 Round 1= Hard, Round 2=Fast!	1:45	
100 Easy Choice	2:30	1900/2450

**COOL DOWN**

4 x 50

1 easy kick, 1 (25 Double arm back, 25 free)

200/2650