



**SET #12: BUTTERFLY BOOKEND**

**SPICINESS RATING: 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,650**

**WARM UP**

300 Choice Swim – 200 Pull – 100 Kick

600

**MAIN**

4x50 1- Free, 1- Fly Moderate 1:00

100 IM Hard 1:45

150 Free Moderate 2:15

200 IM Hard 3:30

250 Free Moderate 3:45

200 IM Hard 3:30

150 Free Moderate 2:15

100 IM Hard 1:45

4x50 1- Free Moderate, 1 Fly Fast 1:00

1550/2150

**COOL DOWN**

8 x 25 2 Free, 2 Kick Easy

4 x 50 Pull

100 Easy Swim

500/2650