



SET #13: WE HAVE MORE FUN THAN PEOPLE

SPICINESS RATING: 3.0 🌶️🌶️🌶️

YARDAGE TOTAL: 2,500

WARM UP

500 S.K.I.P.S. (100 Swim + 100 Kick + 100 IM + 100 Pull + 100 Stroke)

500

MAIN

5 x 50 (25 Hard/25 Easy) Free	:50	
2 x 100 Pull Moderate	1:30	
1 x 50 Easy Choice	1:00	
4 x 50 (25 Hard/25 Easy) Breast	:55	
2 x 100 Kick Moderate	2:00	
1 x 50 Easy Choice	1:00	
3 x 50 (25 Hard/25 Easy) Backstroke	:50	
2 x 100 Pull Moderate	1:30	
1 x 50 Easy Choice	1:00	
2 x 50 (25 Hard/25 Easy) Fly	1:00	
2 x 100 Kick Hard	2:00	
1 x 50 Easy	1:00	1700/2200

COOL DOWN

W/ Choice Equipment

150 (100 Free + 50 Breast)

100 (50 Free + 50 Back)

50 Double Arm Backstroke

300/2500