



SET #14: I LIKE A PATTERN AS MUCH AS THE NEXT GUY

SPICINESS RATING 3.0 🌶️🌶️🌶️

YARDARGE TOTAL 2,700

WARM UP

150 Free + 150 Bk/Br/Fr (B.B.F.) + 100 Kick + 100 Pull

500

MAIN

1 x 250 Moderate Free

4 x 50 2- Kick Choice 2-Swim Choice

1 x 250 (25 Easy + 200 Hard + 25 Easy)

4 x 50 2- Stroke 2-Double Arm Back

1 x 250 (50 Easy + 150 Fast + 50 Easy)

4 x 50 2- Kick 2- Swim Choice

1 x 250 (75 Easy + 100 Fast! + 75 Easy)

4 x 50 2- Stroke 2- Double Arm Back

1800/2300

COOL DOWN

4x 100 Any Order- Easy

1-Pull, 1 Fr-IM, 1 Kick, 1 Free

400/2700