



SET #15: THE DESCENT 1.0

SPICINESS RATING: 3.5 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,500

WARM UP

200 Swim + 2 x 50 Kick + 200 Pull + 2 x 50 Stroke --- 600

MAIN

150 (100 Moderate Free + 50 Hard Kick)	3:00	
4 x 75 (25 Fly Hard + 50 Free Descend 1-4)	1:20	
150 (100 Moderate Free + 50 Hard Kick)	2:55	
3 x 100 (25 Build Free + 50 Back Hard + 25 Easy Free)	1:40	
100 (50 Moderate Free + 50 Hard Kick)	1:50	
3 x 100 (50 Build Free + 50 Breast Descend 1-3)	1:45	
100 (50 Moderate Free + 50 Hard Kick)	1:45	
4 x 50 Descend 1-4 (#4 Fast!)	:50	1600/2200

COOL DOWN

300 Free – Every 4th 25 Stroke Easy 300/2500