



SET #16: THE DESCENT 1.2

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL 2,500

WARM UP

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

MAIN

5 x 50 (25 Stroke Choice Moderate/25 Easy Free)	1:00	
200 IM Hard	3:00	
100 Easy Choice	2:00	
4 x 50 (25 Stroke Choice Hard/25 Easy Free)	1:00	
150 (50 Bk/50 Br/50 Fr)	2:30	
100 Easy Choice	2:00	
3 x 50 (25 Stroke Choice Fast/25 Easy Free)	1:00	
100 IM Hard	2:00	
100 Easy Choice	2:00	
2 x 50 #1 Stroke Moderate, #2 Stroke Fast! (Choice)	1:00	
100 Easy Choice	2:00	1550/2150

COOL DOWN

7 x 50	1:00	
Odds = (25 Double Arm Back/25 Free)		
Evens = Easy Kick Choice		350/2500