



**SET #17: LACE UP THOSE NIKE'S**

**SPICINESS RATING 3.5** 🌶️🌶️🌶️

**YARDAGE TOTAL 2,500**

**WARM UP**

200 Freestyle + 4x50 25 Backstroke/25 Free Style + 100 Easy Pull

500

**MAIN**

4 x 25 Free (15 yards Hard/10 yards easy) :40

2 x 200 Free (50 Easy + 100 Hard + 50 Easy) 2:50

2 x 100 Easy (1 Pull, 1 Swim) ----

2 x 200 Free (25 Easy + 150 Hard + 25 Easy) 2:50

2 x 100 Easy (1 Pull, 1 Swim) ----

2 x 100 #1 (25 Hard/25 Easy) #2 Fast 1:45

2 x 100 Easy (1 Pull, 1 Swim) ---- 1700/2200

**COOL DOWN**

4 x 25 Non Free Choice Easy :45

1 x 150 (50 Swim Choice/50 Kick on Back/50 Swim Choice) 2:45

2 x 25 Smooth Free :45 300/2500