



SET #18: THAT'S A SPICY MEATBALL

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

150 Free Swim + 150 B.B.F. (25 Kick/25 Swim) + 150 Pull + 2 x 50 Kick 550

MAIN

5 x 100 1:40

1st 50 (Descend 1-3 to Hard + Hold Effort on #4,5)

2nd 50 Easy

4 x 25 Easy Kick :45

5 x 100 1:40

1st, 4th 25 Easy

Middle 50 (Descend 1-3 to Hard + Hold Effort on #4,5)

4 x 50 Easy (2 Kick, 2 Swim Choice) 1:10

3 x 100 1:50

1st 50 Build

2nd 50 Fast

4 x 25 Easy Swim Choice :45 1700/2250

COOL DOWN

300 Pull – Every 4th 25 Swim with 1 Breath only

50 Easy Swim 350/2600