



SET #19: MOUNT EVEREST

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL 2,700

WARM UP

200 Free – 200 Pull – 100 Kick
500

MAIN

*Base interval of Round 1 1:40/100 yards

Round 2 1:30/100 yards

Round 3 1:20/100 yards

Round 1

100 Free Moderate	1:40	
150 Free Moderate	2:30	
200 Free Moderate	3:20	<Rest Extra :30>

Round 2

250 Free Moderate	3:45	
300 Free Hard	4:30	
300 Free Hard	4:30	
250 Free Moderate	3:45	<Rest Extra :30>

Round 3

200 Free Hard	2:40	
150 Free Fast	2:00	
100 Free Fast	1:20	2000/2500

COOL DOWN

4 x 25 Easy Non Free + 100 Easy Swim 200/2700