



SET #2: MAKE GOOD DECISIONS

SPICINESS RATING 3.0 🌶️🌶️🌶️

YARDARGE TOTAL 2,500

WARM UP

500 S.K.I.P.S. (100 Swim + 100 Kick + 100 IM + 100 Pull + 100 Stroke)

500

MAIN

2 x 150 Moderate 2:15

4 x 50 – Swimmer’s Choice 2 kick, 2 stroke Rest :10

2 x 150 (25 Easy + 100 Hard + 25 Easy) 2:20

4 x 50 - Swimmer’s Choice 2 kick, 2 stroke Rest :10

2 x 150 (50 Easy + 50 Fast + 50 Easy) 2:25

4 x 50 - Swimmer’s Choice 2 kick, 2 stroke Rest :10

1 x 150 Fast! 2:30

1650/2150

COOL DOWN

200 Easy w/ Fins + 150 Easy Pull + 100 Choice Swim

450/2500