



**SET #20: ONE MORE GIFT UNDER THE TREE**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL 2,500**

**WARM UP**

200 Freestyle, 200 Pull, 100 Kick

500

**MAIN**

Round 1            3 x 150 Descend 1-3            2:15

\*To Hard Effort

150 Easy Pull            3:00

Round 2            3 x 100 Descend 1-3            1:30

\*To Hard Effort

100 Easy Choice            2:00

Round 3            4 x 75 Descend 1-4            1:15

\*To Fast Effort

100 Easy Choice            2:00

Round 4            4 x 50 Descend 1-4            :50

\*To Fast Effort

100 Easy Choice            1700/2200

**COOL DOWN**

12 x 25 Easy            :45

300/2500

Repeat 1 Kick on Back, 2 Non Free Choice, 1 Free w 2/Breaths