



SET #21: REV UP THOSE ENGINES

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

200 Free + 4 x 25 Kick + 200 Pull + 4 x 25 Choice Stroke 600

MAIN

4 x 100 Free (25 Fast/75 Easy)	1:45	
50 Kick Hard	1:00	
100 Easy Choice	2:00	
3 x 100 Free (50 Fast/50 Easy)	1:50	
50 Kick Hard	1:00	
100 Easy Choice	2:00	
2 x 100 (75 Fast/25 Easy)	1:55	
50 Kick Hard	1:00	
100 Easy Choice	2:00	
1 x 100 Fast!	2:00	
50 Kick Hard	1:00	
100 Easy Choice	2:00	1600/2200

COOL DOWN

8 x 25 1 Kick on Back Easy, 1 Swim Choice Easy + 200 Pull Easy 400/2600