



**SET #22: ROUTE 66**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL 2,600**

**WARM UP**

300 Free Swim Every 4<sup>th</sup> 25 Double Arm Backstroke, 200 Pull, 100 Kick + 4x25 IM Order 700

**MAIN**

50 Kick on Back	1:00	
150 Pull Easy	2:15	
2 x 100 – 1 Hard, 1 EZ	1:30	
50 Kick Choice	1:00	
150 Pull Hard	2:15	
2 x 100 1- Build, 1 Hard	1:30	
50 Kick on Back	1:00	
150 Pull Easy	2:15	
2 x 100 1- Hard, 1 Fast	1:30	
50 Kick Choice	1:00	
150 Pull Hard	2:15	
2 x 100 Both Fast	1:30	
50 Kick on Back	1:00	
150 Pull Easy	2:15	1800/2500

**COOL DOWN**

4 x 25 Choice Swim Easy 100/2600