



SET #23: MEDIUM LENGTH & SWEET

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL 2,700

WARM UP

2 x 300

600

#1 = 4x (50 Free + 25 Double Arm Backstroke)

#2 = Pull Breathe every 3 - 5 - 3 - 7 x 75

MAIN

2 x 250 Choice Swim (Odds 50s Hard/ Evens 50s Moderate) 3:45

4 x 150 Descend 1 - 4 to Fast Effort 2:15

100 Easy 2:00

3 x 50 Choice Build Each to Fast :45

1 x 50 Easy 1:00

3 x 50 Choice (25 Fast/25 Easy) :45

1 x 50 Easy 1:00

3 x 50 Choice ALL FAST :45

1 x 50 Easy 1:00 1800/2400

COOL DOWN

3 x 100 Easy – 1 Kick, 1 Pull, 1 Swim

300/2700