



SET #24: MAKE SURE YOU STAY FOR THE ENDING

SPICINESS RATING: 3.5 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,500

WARM UP

200 Freestyle + 3 x 50 Kick + 200 Pull

550

MAIN

8 x 25 2 Each, IM Order :40

#1 Moderate, #2 Fast

200 (50 Easy Free + 100 IM Hard + 50 Easy Free) 3:30

4 x 50 IM Order Hard 1:00

200 (50 Easy Free + 100 IM Hard + 50 Easy Free) 3:30

2 x 100 IM 1:50

#1 Moderate, #2 Fast

200 (50 Easy Free + 100 IM Hard + 50 Easy Free) 3:30

200 IM Fast 4:00

200 Pull Easy 3:30

1600/2150

COOL DOWN

300 Free (Every 4th 25 Double Arm Back) + 50 Easy Kick

350/2500