



**SET #26: THE ART OF SWIMMING DOWNHILL**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDARGE TOTAL: 2,700**

**WARM UP**

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

600

**MAIN**

5 Rounds of 3 x 100 Freestyle

Between Rounds 1 and 2 – Rest and Extra :30

Between Rounds 3,4,5 Take a 50 Easy 1:00

Round 1: Start at a comfortable Interval

Example- 3x100 1:35 - Moderate

Round 2: :05 Faster (1:30) –Moderate

Round 3: :05 Faster (1:25) - Hard

Round 4: :05 Faster (1:20) Hard

Round 5: :05 Faster (1:15) Fast

1650/2250

**COOL DOWN**

200 Easy Pull + 3 x 50 Kick Easy + 100 Easy Swim

450/2700