



SET #27: THE FANTASTIC FORK IN THE ROAD

SPICINESS RATING: 3.0 🌶️🌶️🌶️

YARDAGE TOTAL: 2,500

WARM UP

200 Freestyle + 4x50 Kick Choice + 100 Easy Pull + 200 IM (25 Kick/25 Swim Each 50) 700

MAIN

4 x 25 IM Order (15 yard Fast/ 10 yards easy)	:45	
4 x 50		
#1 Build Free #2+3 = Fly Hard #4 = Easy Free	1:00	
100 Easy Choice	2:00	
4 x 50		
#1 Build Free #2+3 = Back Hard #4 = Easy Free	1:00	
150 Easy Pull	3:00	
4 x 50		
#1 Build Free #2+3 = Breast Hard #4 = Easy Free	1:05	
100 Easy Choice	2:00	
4 x 50		
#1 Build Free #2+3 = Free Hard #4 = Easy Free	:55	
150 Easy Pull	3:00	1400/2100

COOL DOWN

4 x 25 Double Arm Backstroke + 300 Free Every 4th 25 Non Free Easy 400/2500