



**SET #28: ONE PART HARD, TWO PARTS EXCITING**

**SPICINESS RATING 3.5** 🌶️🌶️🌶️

**YARDAGE TOTAL: 2,750**

**WARM UP**

300 Free + 200 Pull + 100 Kick

600

**MAIN**

4 x (25 IM Order Hard + 100 Easy Choice) 1:50

Rest Extra :30

4 x (50 IM Order Hard + 100 Easy Choice) 2:50

Rest Extra :60

4 x (100 IM Hard + 100 Easy Choice) 3:30

1900/2500

**COOL DOWN**

4 x 25 Choice Swim Easy + 100 Easy Pull + 50 Easy Swim

250/2750