



SET #29: BUCKLE UP

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,700

WARM UP

200 Freestyle + 4x50 25 Backstroke/25 Free Style + 100 Easy Pull

500

MAIN

200 Choice Swim Moderate 3:00

4 x 25 Fly Fast :45

150 Choice Swim Moderate 2:30

4 x 25 Back Fast :45

100 Choice Swim Easy 2:00

4 x 25 Breast Fast :45

50 Choice Swim Easy 1:00

3 x 50 Free Descend 1-3 to Fast 1:00

100 Choice Swim Easy 2:00

3 x 50 Breast Descend 1-3 to Fast 1:10

150 Choice Swim Easy 2:30

3 x 50 Back Descend 1-3 to Fast 1:05

200 Choice Swim Easy 3:30

4 x 25 Fast Fly :45

1800/2300

COOL DOWN

300 Free – Every 4th 25 Double Arm Backstroke + 100 Easy Kick

400/2700