



SET #3: FOUR ROUNDS OF FUN

SPICINESS RATING: 3.5 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,500

WARM UP

200 Free + 150 Pull + 100 Kick + 50 Choice 500

MAIN

3 x 100 (25 Fly Hard + 75 Easy Free)	1:35	
1 x 100 Choice Easy	2:00	
3 x 100 (50 Back Hard + 75 Moderate Free)	1:35	
1 x 100 Choice Easy	2:00	
3 x 100 (50 Breast Hard + 75 Moderate Free)	1:35	
1 x 100 Choice Easy	2:00	
3 x 100 (75 Free Fast + 25 Easy Free)	1:35	
1 x 100 Choice Easy	2:00	1600/2100

COOL DOWN

8 x 50 (2 Easy Kick + 2 Easy Swim Choice) Rest :10 400/2500