



SET #30: A SWIM IN THE PARK

SPICINESS RATING 3.0 🌶️🌶️🌶️

YARDAGE TOTAL: 2500

WARM UP

500 S.K.I.P.S. (100 Swim + 100 Kick + 100 IM + 100 Pull + 100 Stroke)

500

MAIN

4 x 25 (15yards Hard + 10yards Easy) :40

10 x 50 1:00

#1-5 25 Descend 1-5 to Fast Choice + 25 Easy

#6-10 Hard – Same Stoke as 1st 25 (1-5)

200 Easy Pull 3:30

100 Easy Kick 2:00

4 x 25 (1 Build to Fast, 1 Easy) :40

10 x 50 1:00

Odds = Descend 1 -5 to Fast Choice

Evens = Easy Free

100 Easy Choice ---

1600/2100

COOL DOWN

2 x 75 Easy Pull + 2 x 25 Easy Kick + 200 Easy Swim Choice

400/2500