



**SET #32: MORE IS MORE**

**SPICINESS RATING 5.0** 🌶️🌶️🌶️🌶️🌶️

**YARDAGE TOTAL 3000**

**WARM UP**

4 x 75 2- Free, 1 Kick on Back, 1 Stroke

300

**MAIN**

12 x 50

Round 1=All Free

Round 2+3 Hard = Non Free, Easy = Free

1:00

3 Rounds Through...

1 x 50 (15 yards Hard/35 yards easy)

1 x 50 (25 yards Hard/25 yards easy)

1 x 50 (35 yards Hard/15 yards easy)

1 x 50 All Easy

3 x 150 Choice (50 Easy + 50 Fast + 50 Easy)

2:20

100 Easy Pull + 100 Easy Kick

Rest :30

3 x 125 Choice (25 Easy + 75 Fast + 25 Easy)

1:50

25 Easy Non free + 100 Easy Pull + 100 Easy Kick

Rest :30

6 x 75 Choice (25 Easy + 25 Fast + 25 Easy)

1:15

100 Easy Swim

2400/2700

**COOL DOWN**

3 x 100 (1 Swim, 1 Pull, 1 Kick Easy)

300/3000