



SET #33: THE MAGIC EIGHT BALL

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,700

WARM UP

200 Freestyle + 3 x 50 Kick + 200 Pull

550

MAIN SET:

2 Rounds of the following...

4 x 25 :40

1+2 = Moderate Free 3+4 = Hard Fly

2 x 50 Back 1 Moderate, 1 Hard 1:05

2 x 50 Breast 1 Moderate, 1 Hard 1:10

1 x 100 Easy Free 2:00

2 Rounds of

4 x 25 :40

1+2 = Moderate Free 3+4 = Hard Fly

2 x 50 (25 Fly/25 Back) 1 Moderate, 1 Hard 1:00

2 x 50 (25 Back/25 Breast) 1 Moderate, 1 Hard 1:05

2 x 75 (25 Breast/50 Free) 1 Moderate, 1 Hard 1:30

1 x 100 Easy Free 2:00

1900/2450

COOL DOWN:

100 Easy Pull, 50 Easy Kick + 100 Easy Pull

250/2700