



SET #34: DENALI: THE GREAT ONE

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,800

WARM UP

300 Choice Swim + 200 Pull + 100 Kick

600

MAIN

5 x 50 Choice 20 Hard Effort / 30 Easy :50

200 Pull Moderate 3:15

4 x 25 2 Hard, 2 Easy :40

4 x 50 30 Hard Effort / 20 Easy 1:00

200 Choice Equipment Moderate 3:00

4 x 25 1 Easy, 2 Hard, 1 Easy :40

3 x 50 40 Hard Effort / 10 Easy 1:00

200 Pull Easy 3:15

4 x 25 2 Easy, 2 Fast :40

2 x 50 Hard 1:00

200 Choice Equipment 3:00

4 x 25 3 Fast, 1 Easy :40

1900/2500

COOL DOWN

6 x 50 2 Swim, 2 Stroke Choice, 2 Kick

300/2800