



SET #35: THE CARDINAL PANINI

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,700

WARM UP

3 x 100 Free Easy + 4 x 50 Pull Easy + 4 x 25 Kick Easy

600

MAIN

Each Descend = Swimmers Choice of Stroke

4x25 Descend 1-4 to Moderate Effort :40

100 Easy 2:00

4x50 Descend 1-4 to Hard Effort 1:00

100 Easy 2:00

4x100 Descend 1-4 to Hard Effort 1:45

100 Easy 2:00

4x150 Descend 1-4 to Fast Effort 2:30

100 Easy 2:00

4x25 Descend 1-4 to Fast Effort :40

1800/2400

COOL DOWN

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

300/2700