



**SET #36: ONE FOR THE KIDS**

**SPICINESS RATING 3.5** 🌶️🌶️🌶️

**YARDARGE TOTAL: 2,900**

**WARM UP**

10 x 50s

2 Swim Choice, 2 Kick Choice

500

**MAIN**

8 x 50 \*All Moderate

Rest :20 Between Each

Odd 50s = 25 Double Arm Back/25 Free

Even 50s = IM Order 25 Kick/25 Swim

200 Easy Pull

4 x 125 Free w/ Choice Equipment (25 Streamline Kick + 100 Moderate) 2:00

100 Free Breathe Every 3rd Stroke 1:40

75 BBF (25 Back/25 Breast/25 Free) 1:40

50 Free Breath Every 3rd Stroke 1:00

25 Fly 1:00

4 x 125 Free w/ Choice Equipment (25 Streamline Kick + 100 Hard) 2:00

100 Free Breath Every 3rd Stroke 1:40

75 BBF (25 Back/25 Breast/25 Free) 1:40

50 Free Breath Every 3rd Stroke 1:00

25 Fly 1:00

100 Easy Choice 2200/2700

**COOL DOWN**

8 x 25 2 Double Arm Back, 2 Free Easy

200/2900