



SET #37: SNEAKY SETS ARE THE BEST SETS

SPICINESS RATING 3.5 

YARDARGE TOTAL: 2,500

WARM UP

200 Freestyle + 3 x 50 Kick + 200 Pull

550

MAIN SET

4 x 25 Choice Stroke

:40

#1-3 Build to Hard Effort + #4 Easy

3 x 100 FRIM Descend 1-3 to Hard Effort

1:50

50 Free Hard

50 Easy

Complete both 50s in 2:00

100 Fast - Your Choice

100 Easy

Complete both 100s in 4:00

200 IM Hard

200 Easy

Complete both 200s in 7:00

200 Free w/ Choice Equipment Fast

200 Easy

Complete both 200s in 7:00

100 IM Fast

100 Easy

Complete both 100s in 4:00

1700/2250

COOL DOWN:

100 Easy Pull, 50 Easy Kick + 100 Easy Pull

250/2500