



**SET #38: THE POSSIBLE BURGER**

**SPICINESS RATING: 3.5** 🌶️🌶️🌶️

**YARDARGE TOTAL: 2,650**

**WARM UP**

500 S.K.I.P.S.

500

**MAIN**

3 x 100 1 Kick, 1 IM, 1 Free Descend 1-3 to Hard	2:00	
2 x 100 Choice (75 Hard + 25 Easy)	1:45	
1 x 100 Free Fast	2:00	
3 x 100 1 Kick, 1 IM, 1 Free Descend 1-3 to Hard	2:00	
2 x 75 Choice (50 Hard + 25 Easy)	1:15	
1 x 75 Free Fast	1:15	
1 x 75 Choice Easy	1:30	
3 x 100 1 Kick, 1 IM, 1 Free Descend 1-3 to Hard	2:00	
2 x 50 Choice (25 Hard + 25 Easy)	1:00	
1 x 50 Free Fast	1:00	1650/2150

**COOL DOWN**

200 Swim Easy + 200 Pull Easy + 100 Kick Easy

500/2650