



SET #39: DON'T READ AHEAD, IT'LL RUIN THE SURPRISE

SPICINESS RATING: 3.5 🌶️🌶️🌶️

YARDAGE TOTAL: 2,500

WARM UP

300 Choice Swim + 200 Pull + 100 Kick

600

MAIN

4 x 25 Kick Choice :45

2 x 150 Pull 1 Easy, 1 Hard 2:20

1 x 200 IM Hard 3:30

1 x 100 Easy Choice 2:00

4 x 25 Kick Choice :45

2 x 100 Pull 1 Easy, 1 Hard 1:25

2 x 150 B.B.F. Hard 2:45

1 x 100 Easy Choice 2:00

4 x 25 Kick Choice :45

2 x 75 Pull 1 Easy, 1 Hard 1:10

3 x 100 IM Descend 1-3 to Hard Effort 1:50 1650/2250

COOL DOWN

5 x 50 (1 Choice Swim, 1 Easy Kick on Back)

250/2500