



SET #4: MILK & COOKIES

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

150 Free + 150 Bk/Br/Fr (B.B.F.) + 100 Kick + 100 Pull 500

MAIN

50 Kick Easy + 100 Pull Easy	3:00	
1 x 100 Hard Free	1:20	
50 Kick Easy + 100 Pull Easy	3:00	
2 x 100 Hard Free	1:25	
50 Kick Easy + 100 Pull Easy	3:00	
3 x 100 Hard Free	1:30	
50 Kick Easy + 100 Pull Easy	3:00	
4 x 100 Hard Free	1:35	
100 Easy Stroke	2:00	1700/2200

COOL DOWN

400 (100 Stroke + 100 Kick + 100 Stroke + 100 Free) 400/2600