



SET #40: HONEY I SHRUNK THE LANE LINES

SPICINESS RATING 3.0 🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

300 Choice Swim + 2 x 75 Pull + 3 x 50 Kick

600

MAIN

8 x 50 (25 IM Order, 2 Each Moderate, 25 Easy Free) 1:05

200 Easy Pull 4:00

400 Free Moderate Every 4th 25 IMO (Stroke 25s = Hard Effort) 7:00

300 Free Moderate Every 3rd 25 IMO (Stroke 25s = Hard Effort) 5:30

200 Free Moderate Every other 25 IMO (Stroke 25s = Hard Effort) 4:00

50 Easy 1:30

100 IM Fast 2:00

100 Easy -- 1750/2350

COOL DOWN

5 x 50 (1 Swim, 1 Kick) 250/2600