



SET #41: POLISH UP THOSE FINs

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,900

WARM UP

200 Free + 100 Kick + 100 Pull

400

MAIN

12 x 25

:40

1 – 15 yards Hard/10 yards EZ

1- 20 yards Hard/5 yards EZ

1- 25 yards Hard

1- Easy

100 Easy Choice

3 x 100 Free Moderate

1:25

2 x 150 Free w/Choice Equipment

2:30

(25 Easy + 100 Hard + 25 Fly)

1 x 250

4:00

(25 Free + 200 IM + 25 Double Arm Back)

3 x 100 Free Moderate

1:25

2 x 125 w/ Choice Equipment

2:00

(100 Free Build + 25 Fly)

1 x 200 RIMO (Reverse IM Order)

4:00

4 x 50 Choice Easy

1:00

2200/2600

COOL DOWN

1 x 300 (50 Free + 50 Double Arm Back)

300/2900