



SET #43: ANTS CAN LIFT 50 TIMES THEIR WEIGHT

SPICINESS RATING: 4.5 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2850

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Kick

600

MAIN

4 x 125 (50 Easy + 25 Fast IM Order + 50 Easy) 2:00

*Easy = Free

150 Pull Easy 2:30

4 x 125 (25 Easy + 75 Hard IM Order + 25 Easy) 2:00

*Easy = Free

3 x 50 Kick Easy 1:10

4 x 125 "Double Up IM" Hard 2:00

#1 50 Fly/25 Back/25 Breast/25 Free

#2 25 Fly/50 Back/25 Breast/25 Free

#3 25 Fly/25 Back/50 Breast/25 Free

#4 25 Fly/25 Back/25 Breast/50 Free

150 Pull Easy 2:30

1950/2550

COOL DOWN

3 x 100 1-Swim, 1-Kick, 1 Swim

300/2850