



SET #44: DIFFICULT TWENTY FIVES

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL 2,600

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

MAIN

4 x 25 Free 15 Hard/10 Easy	:35	
4 x 100 Free (25 Easy + 50 Moderate + 25 Easy)	1:40	
1 x 100 Easy	2:00	
4 x 25 20 Hard/5 Easy	:35	
4 x 100 Free (25 Easy + 50 Hard + 25 Easy)	1:40	
1 x 100 Easy	2:00	
4 x 25 Hard	:40	
4 x 100 Free w/ Choice Equipment (25 Easy + 50 Fast + 25 Easy)	1:40	1700/2300

COOL DOWN

6 x 50 2- Swim, 2- Kick, 2 Swim

300/2600