



SET #45: KEEP THE FAST FAST, & THE EASY EASY

SPICINESS RATING 5.0 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL 2,850

WARM UP

1 x 250 2x (4 laps free, 1 lap non – free)

500

1 x 250 pull Breathe 3/5 by 50

MAIN

3x100 1 Pull, 1 IM, 1 Kick Descend 1-3 to Hard 2:00

50 Double Arm Back 1:00

100 (25 Hard- 75 Easy) 1:45

100 (50 Hard- 50 Easy) 1:45

100 (75 Hard- 25 Easy) 1:45

4x150 (100 Descend 1-4 + 50 Easy) 2:45

(Choice Equipment to Finish)

100 (25 Fast- 75 Easy) 1:35

100 (50 Fast- 50 Easy) 1:35

100 (75 Fast- 25 Easy) 1:35

4x150 (100 Hard-50 Easy) 2:30 2150/2650

COOL DOWN

8 x 25 1 Non Free, 1 Free Easy

200/2850