



**SET #46: WHAT GOES UP MUST COME DOWN**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL 2700**

**WARM UP**

100 Free-100 Pull-100 Kick- 100 IM- 100 Pull-100 Kick

600

**MAIN EVENT**

10 x 50s- 2 Rounds

1:00

1- 12.5 Hard / 37.5 Easy

2- 25 Hard / 25 Easy

3- 37.5 Hard / 12.5 Easy

4- 50 Hard

5- 50 Easy + 200 Pull After 10<sup>th</sup> 50

50 Kick

rest :10

100 Hard Free

1:30

50 Easy Choice

1:30

50 Kick

rest :10

150 Hard Free

2:15

50 Easy Choice

1:30

50 Kick

rest :10

200 Hard Free

3:00

50 Easy Choice

1:30

50 Kick

rest:10

150 Hard Free

2:15

50 Easy Choice

1:30

50 Kick

rest:10

100 Hard Free

1:30

1900/2500

**COOL DOWN** 4 x 50 Easy Choice

200/2700