



SET #47: DON'T GO SWIMMING ALONE

SPICINESS RATING: 3.0 🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

100 Free + 100 Pull + 100 Kick + 100 IM + 50 Kick + 150 Pull

600

MAIN SET:

2 x 150 Free 2:30

(25 Easy + 100 Hard + 50 Easy)

4 x 25 IMO Moderate :40

1 x 200 Pull Easy ----

2 x 150 Free 2:30

(75 Easy + 75 Fast)

4 x 25 RIMO Moderate :40

1 x 200 Pull Easy ----

2 x 150 Free 2:30

(50 Easy + 50 Fast + 50 Easy)

4 x 25 Kick 1-Easy 1-Fast :50

1 x 200 Pull Easy ----

1800/2400

COOL DOWN:

100 Easy Kick, 100 Easy Swim

200/2600