



**SET #48: THE MIDDLE IS THE BEST PART**

**SPICINESS RATING 3.5** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,500**

**WARM UP**

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

**MAIN**

100 Free (50 Hard + 50 Easy) 1:40

150 Free (75 Hard + 75 Easy) 2:30

200 Free (100 Hard + 100 Easy) 3:20

4 x 25 Easy :45

100 Free (25 Easy + 50 Hard + 25 Easy) 1:35

150 Free (25 Easy + 100 Hard + 25 Easy) 2:25

200 (50 Easy + 100 Hard + 50 Easy) 3:10

4 x 25 Easy

3<sup>rd</sup> Round with Choice Equipment

100 Moderate Choice 1:30

150 Hard Choice 2:15

200 Fast Choice 3:30

1550/2150

**COOL DOWN**

7 x 50 Odds = Easy Kick, Evens = Double Arm Backstroke

350/2500