



SET #49: HALF DOZEN ONE WAY, HALF DOZEN ANOTHER

SPICINESS RATING: 4.0 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2550

WARM UP

300 Choice Swim + 200 Easy Pull + 100 Easy Kick

600

MAIN

6 x 50 Free (25 Hard/25 Easy) :50

2 x 25 Fly Fast :40

6 x 50 2- Back, 2- Breast, 2- Fly (25 Easy/25 Hard)

*Easy = Free :50

2 x 50 Stroke Fast 1:00

4 x 50 Kick Easy 1:10

2 x 75 B.B.F. Fast 1:15

4 x 100 Pull Easy 1:45

2 x 100 IM 1- Build, 1 Fast 1:50

1550/2150

COOL DOWN

4 x 100 Easy 2- Pull, 1- Kick, 1- Swim

400/2550