



**SET #5: A LITTLE BIT OF THIS, A LITTLE BIT OF THAT**

**SPICINESS RATING 4.5** 🌶️🌶️🌶️🌶️🌶️

**YARDARGE TOTAL 3,000**

**WARM UP**

100 Swim + 2 x 50 Kick + 100 Pull + 2 x 50 Stroke --- 400

**MAIN**

300 (100 Free + 100 IM + 100 Free) 5:30

2 x 150 B.B.F. 1- Moderate, 1- Hard 2:00

300 Pull Moderate 5:00

3 x 100 Fr-IM All Moderate 1:40

300 (100 Free + 100 IM + 100 Free) 5:30

4 x 75- (50 IM Order + 25 Free) 1:20

300 Pull Moderate 5:00

6 x 50 - 1 Moderate, 1 Fast 1:00

1+2 = 25 Fly/25 Fr 3+4 = 25 Bk/25 Fr 5+6 = 25 Br/25 Fr 2400/2800

**COOL DOWN**

100 Easy Choice Swim + 2 x 50 (25 Double Arm Back/25 Breast) 200/3000