



SET #50: DON'T LEAVE YOUR POSITIVE ATTITUDE HOME

SPICINESS RATING: 4.5 🌶️🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,900

WARM UP

1 x 250 2x (4 laps free, 1 lap non – free)

1 x 250 Pull Breathe 3/5 x 50

3 x 100 1 Pull, 1 IM, 1 Kick + 50 Double Arm Back

850

MAIN

200 Free Easy

Rest: 30-45

4x50 1+2 Moderate, 3+4 Hard

1:00

200 Pull Easy

Rest: 30-45

4x50 1+2 Easy 3+4 Hard

:55

200 Free moderate with Choice Equipment

Rest: 30-45

4x50 #1/3 Easy #2/4 Hard

:50

200 Free moderate with fins and paddles

Rest: 30-45

4x50 #1/3 Easy #2/4 Fast

1:10

100 Easy choice

2:00

1700/2550

COOL DOWN

200 Easy Choice + 6 x 25 1 kick, 1 swim

350/2900