



SET #51: YOU CAN LEAD A HORSE TO WATER BUT...

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL 2,700

WARM UP

100 Free-100 Pull-100 Kick

300

MAIN EVENT

6x75 Choice Stroke 1:30

#1/4- 25 Hard/50 Easy

#2/5- 50 Hard/25 Easy

#3/6- Kick on Back <Extra 50 Easy Choice After 6th 50>

200 Free Easy w/ Choice Equipment 3:00

2x75 25 Free/25 Fly/25 Free Free = Easy, Fly = Hard 1:30

50 Easy Choice 1:00

6x50 Choice Stroke :50

#1+2 = 37.5 Fast/12.5 Easy

#3+4 = 25 Fast/25 Easy

#5+6 = 12.5 Fast/37.5 Easy

200 Fins- Long Strokes 3:00

2x75 25 Back/25 Free/25 Back Free = Easy, Back = Hard 1:30

50 Easy 1:00

3x100 1:30

#1 75 Fast/25 Easy

#2 50 Fast/50 Easy

#3 25 Fast/75 Easy

200 Free Easy w/ Choice Equipment 3:00

2x75 25 Breast/25 Kick on Back/25 Breast Hard Effort 1:30

2250/2550

COOL DOWN

5 x 50 1 Swim, 1 Kick Easy

250/2700