



SET #52: A GOOD DAY TO WORK ON STREAMLINE

SPICINESS RATING 3.0 🌶️🌶️🌶️

YARDAGE TOTAL: 2,500

WARM UP

100 Freestyle + 2 x 50 Kick + 100 Pull + 2 x 50 Kick + 100 IM

500

MAIN SET:

1 x 250 Moderate (25 Fly + 75 Kick on Back + 75 Breast + 75 Free) ---

3 x 50 Descend 1-3 to Hard Effort :50

3 x 100 - Just make interval 1:30

1 x 250 Free Choice Equipment ---

4 x 50 Choice 1 Build, 1 Fast 1:00

4 x 100 Free 1 Easy, 1 Fast 1:45

1 x 250 Free Choice Equipment --- 1800/2300

COOL DOWN:

100 Easy Pull, 100 Easy Swim

200/2500