



**SET #53: PIGS IN A BLANKET**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDARGE TOTAL: 2,600**

**WARM UP**

300 Choice Swim + 200 Pull Easy + 100 Kick

600

**MAIN**

4 x 25 Free 15 Hard/10 Easy Choice :35

4 x 100 (25 Easy + 50 Moderate IM Order + 25 Easy) 1:40

Easy = Free

1 x 100 Easy 2:00

4 x 25 20 Hard/5 Easy Choice :35

4 x 100 Free (25 Easy + 50 Hard IM Order + 25 Easy) 1:40

Easy = Free

1 x 100 Easy 2:00

4 x 25 Hard Choice :40

4 x 100 w/ Choice Equipment 1:40

(25 Easy + 50 Fast IM Order+ 25 Easy)

Easy = Free

1700/2300

**COOL DOWN**

6 x 50 2- Swim, 2- Kick, 2-Swim

300/2600