



**SET #54: FOOL ME ONCE, SHAME ON YOU**

**SPICINESS RATING: 4.5** 🌶️🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,950**

**WARM UP**

300 Choice Swim + 200 Easy Pull + 100 Easy Kick

600

**MAIN**

2 x 100 (1 Easy Free, 1 Kick Build to Hard Effort)

2:00

1 x 400 (75 Easy Free + 25 Fly Fast)

7:00

2 x 50 Easy Choice

1:00

2 x 75 (1 Moderate Free + 1 Easy Kick on Back)

1:30

1 x 300 (50 Easy Free + 25 Back Fast)

5:45

2 x 50 Easy Choice

1:00

2 x 50 (1 Moderate Stroke Choice, 1 Easy Kick)

1:10

1 x 200 (25 Easy Free + 25 Breast Fast)

3:45

2 x 50 Easy Choice

1:00

3 x 100 Descend 1-3 to Hard Effort (1 Free, 1 FRIM, 1 IM)1:50

1950/2650

**COOL DOWN**

6 x 50 (2 Swim Easy, 2 Kick Easy, 2 Pull Easy)

300/2950