



SET #56: TUESDAY'S GONE WITH THE SWIM

SPICINESS RATING: 4.0 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,800

WARM UP

100 Free-100 Pull-100 Kick

300

MAIN EVENT

1x50 Double Arm Backstroke Easy 1:15

1x100 IM Hard 2:15

1x200 Free w/Choice Equipment Moderate 3:00

1x50 Easy Choice 1:00

2x50 (25 Double Arm Backstroke/25 Breaststroke) Easy 1:15

2x100 FRIM 1-Build, 1 Hard 1:50

2x200 (75 Free Build -50 Stroke Hard-75 Free Easy) 3:15

2x50 Easy Choice 1:00

3x50 Pull- Build each 50 to Hard Effort :55

3x100 Free Descend 1-3 to Hard Effort 1:35

3x200 (50 Free-100IM-50 Free)

Free = Easy IM = Hard 4:00

2250/2550

COOL DOWN

150 Choice Swim + 100 Easy Kick

250/2800