



SET #57: THE BIXBY BRIDGE

SPICINESS RATING 3.0 🌶️🌶️🌶️

YARDAGE TOTAL: 2,500

WARM UP

200 Freestyle + 3 x 50 Kick + 200 Pull + 100 IM

650

MAIN SET

3 x 100 (75 Free + 25 Fly) Descend 1-3 to Hard Effort 2:00

150 Pull Easy + 50 Easy Kick 3:30

3 x 100 (50 Free + 25 Back + 25 Free) Descend 1-3 to Hard Effort 2:00

150 Pull Easy + 50 Easy Kick 3:30

3 x 100 (25 Free + 25 Breast + 50 Free) Descend 1-3 to Hard Effort 2:00

100 Pull Easy 2:00

2 x 50 Easy Kick 1:10

1500/2150

COOL DOWN

150 Easy Pull, 50 Easy Kick, 150 Easy Swim

350/2500