



SET #58: THE SAME BUT DIFFERENT

SPICINESS RATING 3.5 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,800

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Kick

600

MAIN

4 x 125 Free (50 Easy + 25 Fast + 50 Easy)

2:00

150 Pull Easy

2:30

4 x 125 Free (25 Easy + 75 Fast + Easy)

1:55

3 x 50 Kick Easy

1:10

4 x 125 Choice Equipment Descend 1-4 to Fast

1:50

150 Pull Easy

1950/2550

COOL DOWN

5 x 50 (1 Swim Easy, 1 Kick Easy)

250/2800