



**SET #59: HALF DOME**

**SPICINESS RATING 5.0** 🌶️🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2700**

**WARM UP**

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

**MAIN**

50 Free Build to Hard Effort	:45	
100 IM Build to Hard Effort	1:30	
150 BBF (100 Hard/50 Easy)	2:15	
200 FRIM (100 Hard/100 Easy)	3:00	
250 Choice Equipment Moderate	3:45	
300 (3 x 100 IM Descend 100s to Hard Effort)	4:30	
250 Choice Equipment Moderate	3:45	
200 FRIM Hard	3:00	
150 BBF Hard	2:15	
100 IM Fast	1:30	
50 Free Fast	:45	1800/2400

**COOL DOWN**

6 x 50 (2 Swim – 2 Kick – 2 Swim) 300/2700