



SET #6: LET'S SEE WHAT'S UNDER THE HOOD

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDARGE TOTAL 2,700

WARM UP

200 Freestyle + 4x50 25 Backstroke/25 Free Style + 100 Easy Pull

500

MAIN

3 Rounds --

2 x 100 Freestyle (50 Moderate / 50 build) 1:40

2 x 25 Freestyle - Count Strokes :40

*Focus on Distance Per Stroke

3 Rounds --

1 x 150 Freestyle 2:30

*Holding 1 less stroke per 25 than the 2 x 25 from the previous set

1 x 25 Fly Fast :40

1 x 25 Easy Choice :40

3 Rounds –

50 Kick 1:15

100 Freestyle Descend 1-3 1:45

2 x 25 1- Double Arm Bk 1- EZ Free :40

1950/2450

COOL DOWN

100 Easy Pull

6 x 25 1- Breaststroke 1- Easy Free Rest :20 Between Each

250/2700