



SET #60: SPREAD THE PEANUT BUTTER EVENLY OVER THE ENTIRE SLICE OF BREAD

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2600

WARM UP

500 S.K.I.P.S.

500

MAIN

50 Easy + 50 HARD + 50 Easy rest :20

50 Easy + 100 HARD + 50 Easy rest :20

50 Easy + 150 HARD + 50 Easy rest :30

50 Easy + 200 HARD + 50 Easy rest :30

50 Easy + 150 HARD + 50 Easy rest :40

50 Easy + 100 HARD + 50 Easy rest: 40

50 Easy + 50 HARD + 50 Easy --- 1800/2300

COOL DOWN

8x25s (100 Easy Swim After 2nd Round) 300/2600

2 Rounds

1- Double arm back

2- Easy free

3- Kick on back

4- Easy free