



SET #61 D.A.B. STANDS FOR DOUBLE ARM BACKSTROKE

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

300 Free – Every 4th 25 Double Arm Backstroke

200 (25 IMO/25 Free)

100 Kick

600

MAIN EVENT

12 x 25 :35

3 Rounds

1- 15yd Fast/10 Easy

2- IMO x Round

3- All Fast

4- All Easy

12 x 50 :50

Every 3rd 50 Fast (Other 50s, Easy)

100 Pull Easy 2:00

8 x 50 :55

Every Other 50 Fast

200 Pull Easy 4:00

4 x 50 1:00

All 4 Fast

1800/2400

COOL DOWN

2x (50 Easy Choice + 2 x 25 Double Arm Backstroke)

200/2600