



SET #62: SWIMMING IN THE RUSSIAN RIVER

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

200 Freestyle + 3 x 50 Kick + 200 Pull

550

MAIN SET:

4 Rounds

2 x 25 IM Order x Round Hard :40

100 Free Descend 1 - 4 x Round to Fast Effort 1:45

3 Rounds

1 x 50 (RD 1 = Fly, RD 2 = BK, RD 3 = BR) Hard 1:00

150 Free Descend 1 – 3 x Round to Fast Effort 2:30

2 Rounds

1 x 100 IM Moderate 2:00

1 x 200 Choice Equipment 1 Moderate, 1 Fast (Round 2) 3:30

1800/2350

COOL DOWN:

100 Easy Pull, 50 Easy Kick, 100 Easy Swim

250/2600