



SET #63: NO NAPS ALLOWED ON SATURDAYS

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,900

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Kick

600

MAIN

6 x 50 Free Descend 1-3, 4-6 to Hard Effort :50

3 x

100 Free Moderate 1:40

125 Free Hard 1:40

3 x 25 Easy Choice :40

2 x

100 Free Moderate 1:35

125 Free Hard 1:35

3 x 25 Easy Choice :40

1 x 200 Pull Easy 4:00

1 x

100 Free Moderate 1:30

125 Free Fast 1:30

2000/2600

COOL DOWN

3 x 100 (1 Kick – 1 Pull – 1 Swim)

300/2900