



SET #64: BBF STANDS FOR BEST BUDS FOREVER

SPICINESS RATING: 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,700

WARM UP

200 Free + 200 Pull + 200 (25 IMO/25 Kick on Back)

600

MAIN EVENT

25 Kick on Back :45

75 BBF (Backk-Breast-Free) Moderate 1:30

4x25 IM Order 15yds FAST-10yds EASY :40

3x100 Free Descend 1-3 to Hard Effort 1:30

200 Easy Pull ---

4 Rounds Through the Following...

100 Free Build to Hard Effort 1:30

150 Free Fast 2:30

50 Easy 2:00

1900/2500

COOL DOWN

4x50 Easy

(1 Non-Free / 1 Free)

200/2700