



SET #65: THREE'S A PARTY

SPICINESS RATING 3.5 

YARDARGE TOTAL: 2,500

WARM UP

500 S.K.I.P.S

500

MAIN

6x50 Free Descend 1-3, 4-6 #3,6 Both Hard Effort

:55

3x25 Free Easy + 1x25 Kick on Back Hard

:45

3x250 Free Descend 1-3 to Hard with Choice Equipment

4:00

3x25 Free Easy + 1x25 Kick on Back Hard

:45

3x150 Free Descend 1-3 to Fast!

2:30

1700/2200

COOL DOWN

3 x 100 1 Kick, 1 Pull, 1 Swim Easy

300/2500