



**SET #66: THE LONG AND WINDING LAP LANE**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,700**

**WARM UP**

300 Free – Every 4th 25 Non-Free

200 Pull

100 Kick

600

**MAIN EVENT**

10x50

2- Kick Freestyle 1:15

2- "IM" (half pool length each stroke) 1:00

2- Kick Non-Freestyle 1:15

2- "IM" (half pool length each stroke) 1:00

2- Free (25 Hard/25 Easy) :45

100 FRIM Moderate 2:00

50 Kick on Back 1:30

200 Free w/ Choice Equipment Hard 2:45

50 Easy Free 1:00

100 IM Moderate 2:00

50 Kick Breaststroke Easy 1:30

250 Free w/ Choice Equipment Hard 3:15

100 Easy Free 2:00

100 BRIM Hard (Breast/Back/Breast/Free) 2:00

50 Kick Freestyle Easy 1:30

300 Free w/ Choice Equipment Hard 4:00

150 Easy Choice 2:30

1900/2500

**COOL DOWN**

4 x 50 Choice Swim Easy

200/2700