



SET #67: THE LAST CRUSADE WAS THE BEST INDIANA JONES MOVIE

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,600

WARM UP

200 Freestyle + 3 x 50 Kick + 200 Pull

500

MAIN SET:

2 Rounds – Choice Equipment

4 x 25 (15 Descend 1-4 to Fast Effort 10 Easy) :35

200 Moderate Kick 3:15

50 Easy Choice 1:00

2 Rounds

2 x 50 Freestyle #2 Better than #1 :50

150 - 2nd 75 Faster than 1st 75 2:20

50 Easy Choice 1:00

2 Rounds

1 x 75 Freestyle with 3 Dolphin Kicks off the wall 1:15

1 x 25 Fly Hard :45

1 x 100 Round 1= Moderate, Round 2 = Fast 1:45

100 Easy Choice 2:30

1900/2400

COOL DOWN:

4 x 50

Rest :20 Between Each

1 easy kick, 1 (25 Double arm back, 25 free)

200/2600