



SET #68: THREE LITTLE BIRDS

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDAGE TOTAL 2,600

WARM UP

300 Free *Every 4th 25 Double Up Back

200 Pull Breathe every 3/5 by 50 + 100 Kick

600

MAIN

3 x 150 (100 Count Stokes per 25, 50 Hard) 2:30

3 x 50 (25 Double Arm Back, 25 Stroke) 1:00

1 x 100 Easy 2:00

1 x 150 (75 Moderate + 75 Hard) 2:20

1 x 200 (100 Moderate + 100 Hard) 3:00

1 x 150 (100 Hard + 50 Moderate) 2:20

1 x 200 (150 Hard + 50 Easy) 3:00

1 x 100 Easy 2:00

1500/2100

COOL DOWN

1 x 300 Choice Equipment + 2 x 50 Kick + 4 x 25 None Free

500/2600