



**SET #69: MORE THAN ONE WAY TO SKIN A MAIN SET**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL 2,700**

**WARM UP**

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

**MAIN**

2 x 200 Choice Equipment Moderate

3:30

4 x 100 (1 Free Moderate, 1 FRIM Hard)

1:45

8 x 50 (2 Each IM Order, 1 Moderate, 1 Hard)

1:00

16 x 25 Choice 2 Easy, 2 Fast

:45

1600/2400

**COOL DOWN**

3 x 100 (1 Kick, 1 Pull, 1 Swim)

300/2700