



SET #7: THE BEEF WELLINGTON

SPICINESS RATING: 4.5 🌶️🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2600

WARM UP

150 Freestyle + 150 Pull + 100 Kick + 100 IM -- 500

MAIN

6 x 100 Odds = Easy, Evens Descend 1-3	1:40	
100 Easy Pull	2:00	
8 x 50 Odds = Easy, Evens Descend 1-4	:55	
100 Easy Kick	3:00	
6 x 50 Descend 1-3 + HOLD	1:00	
100 Easy Pull + 50 Easy Kick	4:00	
8 x 25 Descend 1-4 + HOLD	:35	
50 Easy Double Arm Back	2:00	1900/2400

COOL DOWN

100 Easy Pull		
4 x 25 1- Breaststroke 1- Easy Free	Rest :20 Between Each	
		200/2600