



**SET #70: SPIKED EGGNOG**

**SPICINESS RATING 4.5** 🌶️🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 3,000**

**WARM UP**

500 S.K.I.P.S.

500

**MAIN**

Complete 2 Rounds of the Following...

2x50 Kick on Back	Rest :15
200 Choice Equipment (100 Smooth/100 Fast)	3:30
50 Double Arm Backstroke	1:00
2 x 125 IM (Pick 1 stroke to swim a 50)	3:00
50 Double Arm Backstroke	1:00
3 x 150 (75 Smooth/75 Fast)	2:45
100 Easy Choice	3:00

2400/2900

**COOL DOWN**

4 x 25 Easy Choice

100/3000