



SET #72: TWO TOUCHDOWNS

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,800

WARM UP

150 Freestyle + 150 Pull + 100 Kick + 100 IM

500

MAIN SET:

6 x 100 Free

1:40

Odds = Easy, Evens Descend 1-3 to Hard Effort

100 Easy Pull

2:00

8 x 50

:55

Odds = Easy, Evens Descend 1-4 to Hard Effort

100 Easy Kick

3:00

6 x 50 Free

1:00

Descend 1-3 Hard Effort + HOLD

100 Easy Pull + 50 Easy Kick

4:00

8 x 25 Choice

:35

Descend 1-4 Hard Effort + HOLD

50 Easy Double Arm Back

1900/2600

COOL DOWN:

100 Easy Pull

4 x 25 1- Breaststroke 1- Easy Free

Rest :20 Between Each

200/2800