



SET #73: PACK YOUR GOGGLES, SUIT, AND POSITIVE ATTITUDE

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,900

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Kick Choice 600

MAIN

3 x 50 (25 Kick on Back, 25 Kick on Side) 1:05

3 x 100 Free Moderate – Count Strokes per 25 1:40

*Try to Hold the Same Number each 25

7 x 50 #1 Easy, #2 Build to Hard Effort #3-7 Hard Effort :45

200 Easy Pull

6 x 25 Kick 2- Easy 2- Build to Hard Effort 2- Hard :45

4 x 100 Choice Equipment Moderate 1:35

9 x 50 Free Easy :50

*#3, 6, 9 Fast Choice 2000/2600

COOL DOWN

200 Choice Equipment Easy + 100 Easy Kick 300/2900