



SET #74: UPHILL BOTH WAYS

SPICINESS RATING: 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,900

WARM UP

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

MAIN

300 Choice Equipment Free (200 Moderate + 100 Hard)	5:00	
8 x 25 Kick 2 Easy, 2 Hard	:45	
2 x 50 Easy Choice	1:00	
300 Choice Equipment Free (150 Moderate + 150 Hard)	5:00	
6 x 50 (25 Stroke Hard/25 Easy Free)	:55	
2 x 100 Easy Choice	1:50	
300 Choice Equipment Free (100 Moderate + 200 Hard)	5:00	
3 x 100 Choice Descend 1-3 to Hard Effort	1:40	2000/2600

COOL DOWN

100 Easy Swim + 8 x 25 (4 Kick Easy, 4 Choice Swim) 300/2900