



SET #75: MY BEST FRIEND'S FAVORITE SET

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,600

WARM UP

200 Free

3 x 50 25 Kick on Side/25 Dolphin Kick on Back

150 Back/Breast/Free Easy

500

MAIN

12 x 50 Free

1-4 Easy :55

5-8 Moderate :50

9-12 Hard :45

2 x 75 25 Fly/50 Back Hard 1:30

4 x 100 Free Moderate 1:30

2 x 75 25 Back/50 Brst Hard 1:30

4 x 100 Free Moderate 1:25

2 x 75 25 Brst/50 Free Hard 1:30

4 x 100 Free Hard 1:20

3 x 50 Each Choice 1:00

1800/2300

COOL DOWN

6 x 50 2 Swim, 1 Kick

300/2600