



SET #76: THE GOLDEN GATE BRIDGE

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDAGE TOTAL: 2,800

WARM UP

200 Free + 200 Pull + 200 (25 IMO/25 Kick on Back)

600

MAIN EVENT

3x100 Descend 1-3 to Hard

1:30

50 Easy

Rest :20

3x75 Descend 1-3 to Hard

1:10

75 Easy

Rest :20

3x25 Descend 1-3 to Hard

:40

25 Easy

1:30

2 x 75 Choice (25 Easy-25 Fast-25 Easy)

1:15

4 x 25 IMO Hard

:45

<Extra :60 Rest>

3 x 100 (25 Easy-50 Fast-25 Easy)

1:30

200 Pull Easy

3:30

<Extra :60 Rest>

4 x 150 w. Choice Equipment (50 Easy-50 Fast-50 Easy)

2:15

2000/2600

COOL DOWN

2 x 100 Choice Easy

200/2800