



SET #77: THE LAS VEGAS RAIDERS

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,700

WARM UP

200 Freestyle + 4x50 25 Backstroke/25 Free Style + 100 Easy Pull 500

MAIN SET:

3 Rounds --

2 x 100 Freestyle (50 Moderate / 50 Build to Hard Effort) 1:40

2 x 25 Freestyle - Count Strokes :40

3 Rounds All w/ Choice Equipment

1 x 150 Freestyle 2:30

*Holding 1 less stroke per 25 than the 2 x 25 from the previous set

1 x 25 Fly Fast :40

1 x 25 Easy Choice :40

3 Rounds – No Equipment

50 Kick Moderate 1:15

100 Freestyle Descend 1-3 to Fast Effort 1:45

2 x 25 1- Double Arm Bk 1- Easy Free :40 1950/2450

COOL DOWN:

100 Easy Pull

6 x 25 1- Breaststroke 1- Easy Free Rest :20 between each 250/2700