



**SET #78: WHY HAVE ONE WHEN YOU CAN HAVE SIX**

**SPICINESS RATING 3.0** 🌶️🌶️🌶️

**YARDAGE TOTAL: 2,550**

**WARM UP**

300 Choice Swim + 200 Easy Pull + 100 Easy Kick

600

**MAIN**

6 x 50 Free (25 Hard/25 Easy)

:50

2 x 25 Free Fast

:40

6 x 50 Free (25 Easy/25 Hard)

:50

2 x 50 Free Fast

1:00

4 x 50 Kick Easy

1:10

2 x 75 Free Fast

1:15

4 x 100 Pull Easy

1:45

2 x 100 1- Build, 1 Fast

1:40

1550/2150

**COOL DOWN**

4 x 100 Easy 2- Pull, 1- Kick, 1- Swim

400/2550