



SET #79: TWO MASTERS SWIMMERS WALK INTO A BAR

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDAGE TOTAL 2,650

WARM UP

300 Choice Swim + 200 Easy Pull + 100 Easy Kick

600

MAIN

2 x 100 (1 Easy IM, 1 Kick Build to Hard Effort)

2:00

1 x 400 (75 Easy Free + 25 IM Order Fast)

7:00

2 x 50 Easy Choice

1:00

2 x 75 (1 Moderate B.B.F., 1 Easy Kick on Back)

1:30

1 x 300 (50 Easy Free + 25 IM Order Fast)

5:45

2 x 50 Easy Choice

1:00

2 x 50 (1 Moderate Stroke Choice, 1 Easy Kick)

1:10

1 x 200 (25 Easy Free + 25 IM Order Fast)

3:45

2 x 50 Easy Choice

1:00

1650/2350

COOL DOWN

3 x 100 (1- Kick, 1- Pull, 1-Swim)

300/2650