



SET #8: THE SPICE OF LIFE

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,600

WARM UP

150 Free Swim + 150 B.B.F. (25 Kick/25 Swim) + 150 Pull 450

MAIN

| | | |
|--|------|-----------|
| 200 Pull Easy | 3:00 | |
| 8 x 25 2 Each Stroke, IM Order | :40 | |
| 1 Moderate, 1 Fast | | |
| 200 (150 Pull Easy + 50 Kick on Back) | 3:30 | |
| 4 x 50 1 Each Stroke, IM Order – Hard | :55 | |
| 200 (100 Pull Easy + 100 Kick Choice) | 4:00 | |
| 2 x 100 1, Fr-IM 1, IM – Both Hard | 1:40 | |
| 200 (50 Pull Easy + 150 Kick Choice with Fins) | 4:30 | |
| 200 IM Fast | 3:30 | |
| 50 Double Arm Back Easy | --- | 1650/2100 |

COOL DOWN

2 Rounds – Rest :10 Between Each

| | |
|----------------|----------|
| 50 Easy Stroke | |
| 50 Kick | |
| 150 Pull Easy | 500/2600 |