



**SET #80: LOVE IS IN THE AIR**

**SPICINESS RATING 4.5** 🌶️🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,800**

**WARM UP**

200 Free + 100 Kick + 200 Pull + 100 IM

600

**MAIN**

175 (50 Kick + 100 Smooth Free + 25 Fast Kick)

3:30

150 (50 Kick + 100 Smooth Free)

2:45

125 (50 Kick + 50 Smooth Free + 25 Fast Kick)

2:30

Choice Equipment---

3 x 50 Moderate (25 Kick on Right Side + 25 Kick on Left Side)

Rest :10

200 Free (150 Easy/50 Fast)

3:00

3 x 50 Hard (25 Fly / 25 Back)

1:00

150 Pull Easy Breathe Every 3rd Stroke

2:30

200 Free (100 Easy/100 Fast)

3:00

3 x 50 Hard(25 Back / 25 Breast)

1:05

150 Pull Easy Breathe Every 3rd /5th /3rd x 50

2:30

200 Free (50 Easy/150 Fast)

3:00

3 x 50 Hard (25 Breast / 25 Free)

1:00

150 Pull Breathe Ever 3rd /5th /7th x 50

2:30

2000/2600

**COOL DOWN**

2 x 100 Choice Easy

200/2800