



**SET #81: FUN FOR THE WHOLE FAMILY**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDARGE TOTAL: 2,900**

**WARM UP**

150 Free + 150 BBF (50 Back-50 Breast-50 Free)

150 Pull + 150 Kick Choice

600

**MAIN EVENT**

12x25

:40

1- 15yd FAST/10yd EZ

1- IMO Moderate by Round

1- Dolphin Kick Moderate on Back

1- Easy Free

4 x75 Free Descend 1-4 to Hard Effort

1:20

4 x 100 (1 Kick / 1 Pull) Moderate

Rest :30

50 Easy Choice

1:00

4 x 50 Free Descend 1-4 to Hard Effort

:55

4 x 100 (1 FRIM / 1 Free) Moderate

Rest :30

50 Easy Choice

1:00

4 x 25 Free Descend 1-4 to Hard Effort

:40

4 x 100 (1 FAST/ 1 Easy Choice)

Rest :30

2100/2700

**COOL DOWN**

200 Easy Choice Swim

200/2900