



SET #82: MARCH MADNESS

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDAGE TOTAL 2,900

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

MAIN

12 x 25 2 Hard, 2 Easy

:45

2 Fly - 2 Fr - 2 Bk - 2 Fr - 2 Br - 2 Fr

1 x 300 (100 Free Easy + 100 IM Hard + 100 Free Easy)

5:30

1 x 100 Easy Choice

2:00

8 x 25 1 Hard, 1 Easy

:40

Odds = IM Order Evens = Free

1 x 300 (50 Free Easy + 200 IM Hard + 50 Free Easy)

5:30

2 x 100 Easy Choice

2:00

4 x 25 IM Order Hard

:45

1 x 200 IM Hard

4:00

1700/2300

COOL DOWN

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

300/2900