



SET #83: THE FINAL COUNTDOWN

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,900

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Easy Kick

600

MAIN

7 x 50 Free Odds = Hard, Evens = Easy :45

1 x 250 Choice Equipment Moderate 4:00

6 x 50 Stroke Odds = Hard, Evens = Easy :50

1 x 200 Pull Easy 3:00

5 x 50 Free Odds = Hard, Evens = Easy :55

1 x 150 Kick Easy 3:00

4 x 50 2 Easy, 2 Fast Choice 1:00

1 x 100 Swim Easy 1:45

3 x 50 1 Fast, 1 Easy, 1 Fast 1:05

1 x 50 Easy 1:00

2 x 50 Fast 1:10

2 x 25 Easy ---- 2100/2700

COOL DOWN

8 x 25 (4 Easy Kick, 4 Easy Swim)

200/2900