




**SET #84: THE GIANT SEQUOIA**

**SPICINESS RATING: 4.5** 

**YARDAGE TOTAL: 2,700**

**WARM UP**

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

**MAIN**

50 Free Build to Hard Effort :45

100 Free Build to Hard Effort 1:30

150 Free (100 Hard/50 Easy) 2:15

200 Free (100 Hard/100 Easy) 3:00

250 Choice Equipment Moderate 3:45

300 (Descend 100s to Hard Effort) 4:30

250 Choice Equipment Moderate 3:45

200 Free Hard 3:00

150 Free Hard 2:15

100 Free Fast 1:30

50 Free Fast :45

1800/2400

**COOL DOWN**

6 x 50 (2 Swim – 2 Kick – 2 Swim)

300/2700