



SET #85: PEANUT BUTTER JELLY TIME

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️🌶️

YARDAGE TOTAL 2,800

WARM UP

200 Free + 100 Kick + 200 Pull + 100 IM

600

MAIN

3x75 (25 Free/25 Fly/25 Free) Descend 1-3 1:30

1x25 Easy Double Arm Back Descend 1-3 1:00

3x75 (25 Free/25 Back/25 Free) Descend 1-3 1:30

1x25 Easy Double Arm Back Descend 1-3 1:00

3x75 (25 Free/25 Breast/25 Free) Descend 1-3 1:30

1x25 Easy Double Arm Back Descend 1-3 1:00

<Choice Equipment>

2 x 150 (50 Kick in Streamline + 100 Fast Swim) 2:45

2 x 100 Pull Moderate 1:30

2 x 50 Easy Free (no equipment) 1:00

<Choice Equipment Back ON>

2 x 150 (Build to 100 + 50 Fast) 2:15

2 x 100 Pull Moderate 1:30

2 x 50 Easy Free (no equipment) 1:00

1900/2500

COOL DOWN

3 x 100 1 Kick, 1 Pull, 1 Swim

300/2800