



**SET #86: AN EXTRA SHOT OF EXPRESSO**

**SPICINESS RATING: 4.5** 🌶️🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,800**

**WARM UP**

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

150 Pull + 150 Kick Choice

600

**MAIN EVENT**

3 x 200

Rest :30-40

Choice Equipment Descend 1-3 to Hard Effort

3 x 100 Free Moderate

1:35

50 Kick Easy

1:30

3 x 100 Free Moderate

1:30

50 Kick

1:30

3 x 100 Free Hard

1:25

50 Kick

1:30

3 x 100 Free Fast

1:20

1950/2550

**COOL DOWN**

2 x 50 Double Arm Backstroke + 150 Pull Easy

250/2800