



SET #87: EXTRA SHARP WISCONSIN CHEDDAR

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,700

WARM UP

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

MAIN

100 (50 Stroke Hard+ 50 Easy Free)

1:40

150 (75 Hard B.B.F + 75 Easy Free)

2:30

200 (100 Hard IM + 100 Easy Free)

3:20

4 x 25 Easy

:45

100 (25 Easy + 50 Stroke Hard + 25 Easy)

1:35

150 Free (25 Easy + 100 IM Hard + 25 Easy)

2:25

200 (50 Easy + 100 IM Hard + 50 Easy)

3:10

*Easy = Free

4 x 50 Easy

1:00

3rd Round with Choice Equipment

100 Moderate Stroke Choice

1:30

150 Hard Stroke Choice

2:15

200 Fast IM Choice

3:30

1650/2350

COOL DOWN

7 x 50 Odds = Kick Easy, Evens = Double Arm Backstroke

350/2700