



**SET #88: I HOPE WE'RE STILL FRIENDS**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,800**

**WARM UP**

300 Swim Choice + 200 Pull Easy + 100 Kick

600

**MAIN**

2 Rounds of the following...

8 x 25 Choice 15 Hard/10 Easy :40

100 Easy Choice 2:00

2 x 50 Non Free Fast 1:00

100 Easy 2:00

8 x 25 2 Easy, 2 Build to Hard :40

2 x 75 1 Fast, 1 Easy 1:20

100 Easy 2:00

1900/2500

**COOL DOWN**

3 x 100 1 Kick, 1 Pull, 1 Swim

300/2800