



**SET #89: THIRD TIME IS THE CHARM**

**SPICINESS RATING 4.0** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL 2,700**

**WARM UP**

300 Choice Swim + 200 Pull Easy + 100 Kick Choice

600

**MAIN**

3 Rounds of the Following...

\*3<sup>rd</sup> Round with Choice Equipment

25 Free Moderate :40

25 Fly Hard :40

50 Free Moderate 1:00

50 (25 Fly/25 Back) Hard 1:10

75 Free Moderate 1:20

75 (25 Fly/25 Back/25 Breast) Hard 1:30

100 Free Moderate 1:30

100 IM Fast 1:40

100 Easy Choice 2:00

1800/2400

**COOL DOWN**

3 x 100 1- Kick, 1-Pull, 1- Swim

300/2700