



SET #9: IT ONLY GETS HARDER FROM HERE

SPICINESS RATING: 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,850

WARM UP

200 Free + 4 x 25 Kick + 200 Pull + 4 x 25 Choice Stroke

600

MAIN

5 x 5 x 50

*100 Easy Choice Between Each Round on 2:00

Round 1: #1-4 Kick Choice on 1:10 #5 Fast Free 1:00

Round 2: #1-3 Moderate Free on :50 #4-5 Fast Stroke 1:00

Round 3: #1,2,4 Moderate Free :50 #3, 5 Fast Free 1:00

Round 4: #1,3,4 Moderate Free :50 #2, 5 Fast Free 1:00

Round 5: #1,3,5 Fast! Free 1:00 #2,4 Easy Free 1:00

1750/2350

*Round 5 Fins Optional

COOL DOWN

2 Rounds

150 Pull Easy

4 x 25 2- Easy Choice 2- Double Arm Back

500/2850