



SET #90: FIVE SLICES OF HEAVEN

SPICINESS RATING 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL 3000

WARM UP

500 S.K.I.P.S.

500

MAIN

Round 1: 8 x 50

Rest :15 Between Each

Twice through the following...

1- 25 fly/25 free

2- 25 back/25 free

3- 25 breast/25 free

4- 25 kick on back/25 free

Round 2: 5 x 100 Free Choice Equipment #1, 3, 5 Fast #2, 4 Easy

1:30

Round 3: 2 x 250 #1 Pull Breathe 3-5-7-5-3 x 50

Rest: 30 Between Each

Round 4: 20 x 25

4 EZ/1 FAST :40 3 EZ/2 FAST :45 2 EZ/3 FAST :50 1 EZ/4 FAST

: 55

Round 5: 3 x 150 B. B. F. Descend 1-3 (50 Back/50 Breast/50 Free) + 50 Easy

2:45

2400/2900

COOL DOWN

4 x 25 Easy Swim

100/3000