



SET #91: EVERYONE'S FAVORITE STROKE

SPICINESS RATING 5.0 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,900

WARM UP

500 S.K.I.P.S.

500

MAIN EVENT

*All Free/Fly Efforts = Moderate

250 (225 Free/25 Fly) 4:00

200 (175 Free/25 Fly) 3:15

150 (125 Free/25 Fly) 2:30

100 (75 Free/25 Fly) 1:45

50 (25 Free/25 Fly) 1:00

50 Easy 2:00

9 x 75

1 Kick on Back 1:35

1 BBF 1:30

1 Free – Fast Effort <25 Easy after 9th 75> 1:25

8 x 50 1:00

Odds = Fast IM Order

Evens = Easy Free <50 Easy After 8th 50>

10 x 25

2 Rounds (Round 1 25s = Hard, Round 2 25s = Fast)

1-:45, 1-:40, 1:35, 1-:30, 1-:25 2100/2600

COOL DOWN

300 Easy Swim – Every 4th 25 Double Arm Back

300/2900