



SET #92: YOU CAN USE FINS

SPICINESS RATING: 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,700

WARM UP

500 S.K.I.P.S.

500

MAIN

3 x 100 Free (75 Easy + 25 Hard)

1:45

1 x 300 Hard Free

4:30

3 x 100 Free (50 Easy + 50 Hard)

1:40

1 x 200 Hard Free

3:00

3 x 100 Free (75 Moderate + 25 Hard)

1:35

1 x 150 Hard Free

2:30

3 x 100 Free (50 Easy + 50 Moderate)

1:30

1 x 100 Fast Free

1:30

1950/2450

COOL DOWN

5 x 50 1 Non Free, 1 Free Easy

250/2700