



**SET #93: THE LAZY BOY**

**SPICINESS RATING: 3.5** 🌶️🌶️🌶️

**YARDAGE TOTAL: 2,600**

**WARM UP**

200 Swim Choice + 6 x 50 (1 Kick, 1 Non Free Choice) 500

**MAIN**

16 x 25 (3 Easy Free + 1 IM Order Fast)	:30	
200 Easy Pull	2:00	
12 x 25 (2 Easy Free + 1 IM Oder Fast)	:35	
200 Easy Pull	2:00	
8 x 25 (1 Easy Free + 1 IM Order Fast)	:40	
200 Easy Pull	2:00	
4 x 25 (Reverse IMO Fast)	:45	
100 Easy Swim	2:00	1700/2200

**COOL DOWN**

4 x 100 (1 Swim, 1 Kick Easy) 400/2600