



SET #94: STRAWBERRY BANANA SMOOTHIE

SPICINESS RATING 3.5 🌶️🌶️🌶️

YARDAGE TOTAL 2,700

WARM UP

100 Easy Swim + 4 x 50 Kick + 200 Easy Pull

600

MAIN

150 Moderate (100 Free + 50 Fly)

2:30

4 x 25 Fly Hard

:40

2 x 100 Easy Choice

2:00

150 Moderate (100 Free + 50 Back)

2:30

4 x 25 Back Hard

:40

2 x 100 Easy Choice

2:00

150 Moderate (100 Free + 50 Breast)

2:30

4 x 25 Breaststroke Hard

:40

2 x 100 Easy Choice

2:00

150 Moderate Pull Free

2:30

4 x 25 Freestyle Hard

:40

1800/2400

COOL DOWN

6 x 50 2- Swim, 2 Double Arm Back, 2- Kick Easy

300/2700