



SET #95: HALF MOON BAY SPECIAL

SPICINESS RATING 4.5 🌶️🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 2,900

WARM UP

300 Free (every 4th 25 Double Arm Back)

200 Pull + 100 Kick

600

MAIN

5 x 100 Free

1:45

Each 100 = 25 Easy/50 Fast/25 Easy

4 x 25 Easy Free

:35

4 x 25 Fast Choice

:40

2 x 50 Easy 1 Kick, 1 Swim

Rest :20 Between Each

3 x 50 Easy Free

:55

3 x 50 Fast Choice

1:00

2 x 50 Easy 1 Kick, 1 Swim

Rest :20 Between Each

2 x 100 Easy Free

1:40

2 x 100 Fast Choice

2:00

2 x 50 Easy 1 Kick, 1 Swim

Rest :20 Between Each

1 x 200 Easy Choice Equipment

4:00

1 x 200 Fast Choice Equipment

4:00

2100/2700

COOL DOWN

2 x 100 Easy Choice

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200/2900