



SET #96: TWO EGGS OVER FAST

SPICINESS RATING: 5.0 🌶️🌶️🌶️🌶️🌶️

YARDARGE TOTAL: 2,800

WARM UP

100 Free + 150 Pull + 100 Kick + 150 B.B.F.

600

MAIN

2 Rounds of the Following

9 x 100 #3, 6, 9 Fast 1:50

*Other 100s Choice Easy

Round 1 No Equipment Free

Round 2 Choice Equipment Choice Stroke

4 x 25 Double Arm Backstroke Between Round 1 & 2

1900/2500

COOL DOWN

6 x 50 1- Free, 1- Kick, 1- Non Free Choice

300/2800