



SET #97: ONE BITE AT A TIME

SPICINESS RATING: 4.0 🌶️🌶️🌶️🌶️

YARDAGE TOTAL: 3,000

WARM UP

500 S.K.I.P.S.

500

MAIN

3 Rounds of the Following...

5 x 50 Free Descend 1 to 5 to a Hard Effort	:50	
200 Free (100 Hard + 100 Easy)	3:00	
3 x 50 25 Free Easy + 25 Choice Fast	1:00	
100 Choice Fast	2:00	
50 Easy	1:00	2250/2750

COOL DOWN

150 Pull Easy + 2 x 50 Easy 1- Kick, 1- Swim

250/3000