



**SET #98: THE BEST KICKERS ARE THE BEST SWIMMERS**

**SPICINESS RATING: 3.5** 🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2650**

**WARM UP**

300 Choice Swim + 4 x 50 IM Order (25 Kick, 25 Swim) + 200 Pull 700

**MAIN**

250 Free Choice Equipment Moderate	4:00	
200 RIMO Moderate	3:30	
150 Free Hard	2:30	
100 RIMO Hard	1:45	
4 x 25 Kick 1- Easy, 1 Hard	:50	
50 Fast Choice	1:00	
4 x 25 Kick 1- Easy, 1 Hard	:50	
100 IM Hard	1:45	
150 Free Easy	2:30	
200 IM Hard	3:30	
250 Pull Moderate	4:00	1650/2350

**COOL DOWN**

3 x 100 (1 Swim, 1 Non Free, 1 Kick Choice) 300/2650