



**SET #99: 10 DAYS OF CHRISTMAS**

**SPICINESS RATING: 4.5** 🌶️🌶️🌶️🌶️🌶️

**YARDAGE TOTAL: 2,500**

**WARM UP**

500 S.K.I.P.S.

500

**MAIN**

200 Free Choice Equipment (Descend 4x50s to Hard Effort) 3:30

2 x 25 Free 1- Fast, 1- Easy :40

3 x 50 Count Strokes per 25 :55

4 x 25 Choice 2- Fast, 2- Easy :40

150 Pull Easy 2:30

6 x 25 Free Odds = Fast, Evens = Easy :40

3 x 50 Non Free Easy :55

8 x 25 Choice 2- Fast, 2- Easy :40

150 Pull Easy 2:30

10 x 25 Free Odds = Fast, Evens = Easy :40

100 Easy 1650/2150

**COOL DOWN**

7 x 50 Odds Choice Swim, Evens Double Arm Backstroke 350/2500