

TERRIBLE TUESDAY: 10/22/24

Warm-Up (1000 yards)

- 1000 S.K.I.P.S

- 200 Swim Choice, 200 Kick, 200 IM Drill, 200 Pull, 200 Swim Choice

Main Set 1 (1500 yards), Keep rest at :30

– 1x50 Locomotion

- 25 fast, 25 ez

– 1x150 Locomotion

- 25 fast, 25 ez, 50 fast, 50 ez

– 1x300 Locomotion

- 25 fast, 25 ez, 50 fast, 50 ez, 75 fast, 75 ez

– 1x500 Locomotion

- 25 fast, 25 ez, 50 fast, 50 ez, 75 fast, 75 ez, 100 fast, 100 ez

– 1x300 Locomotion

– 1x150 Locomotion

– 1x50 Locomotion

Main Set 2: Broken Sprint IMs (300 yards)

– 1x25 Fly FAST, 50 ez (get your TIME)

– 1x25 Back FAST, 50 ez (get your TIME)

– 1x25 Breast FAST, 50 ez (get your TIME)

– 1x25 Free FAST, 50 ez (get your TIME)

– Rest :30

– 1x100 IM Timed.

Cool Down (200 yards)