

"TERRIBLE" Efforts

Tuesday & Friday

Warm-Up + Drill (800 yards)

- 1 x 300 (100 swim, 100 kick, 100 choice)

Drill focus: flip turns

- 1x50 ALL OUT (TIMED)
- 8x50s Freestyle (WAIT for Murph to send you off)
 - No breath in and out of the flip turn
 - Tuck head, hold tight streamline
 - Keep head down into flip
- 1x50 ALL OUT (TIMED)
 - Keep good form even when you are tired ;)

(800)

Main Set 1: Sustained Effort (1750 yards)

1x100 FAST on 1:30 / 1:45 / 2:00

- 1x50 Smooth on 1:00

2x100 Best Average on 1:35 / 1:50 / 2:05

- 1x50 Smooth on 1:00

3x100 Best Average on 1:40 / 1:55 / 2:10

- 1x50 Smooth on 1:00

4x100 Best Average on 1:45 / 2:00 / 2:15

- 1x50 Smooth on 1:00

5x100 Best Average on 1:50 / 2:05 / 2:10

- 1x50 Smooth on 1:00

(2550)

Main Set 2: Floating IMs (500 yards)

- 4x125s Floating IMs on 2:00 / 2:15 / 2:30
 - 50 fly, 25 back, 25 breast, 25 free
 - 25 fly, 50 back, 25 breast, 25 free
 - etc...

Focus: Stroke - Fast 75s

Friday

(3050)