

# **Focus: Scull & Countdown**

## **Terrible Tuesday w/Murph**

### **Warm-Up:**

- **1x 300:** 100 Swim/100 Kick/100 Choice (300)

### **3x thru: Drill Set**

#### **“Skull Me Baby One More Time”**

– **1x 100** “Skull” IM  
– **1x 50** Windshield Wipers (450)

### **Main: “The Final Countdown”**

– **1x 300** Strong Freestyle  
• Get out of the pool and do 12 push-ups  
– **1x 275** Strong Freestyle  
• Get out of the pool and do 11 push-ups  
– **1x 250** Strong Freestyle  
• Get out of the pool and do 10 push-ups  
– **1x 225** Strong Freestyle  
• Get out of the pool and do 9 push-ups  
– **1x 200** Strong Freestyle  
• Get out of the pool and do 8 push-ups  
– **1x 175** Strong Freestyle  
• Get out of the pool and do 7 push-ups  
**... and so on until**  
– **1x 25** Strong Freestyle  
• Get out of the pool and do 1 push-up (1950)

**Cooldown: 1x 300** (Total 3000)