

## ***TERRIBLE TUESDAY: 11/05/24***

### **Warm-Up + Drill (800 yards)**

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

#### **Drill focus: Middle Finger First!**

- 2 x 50s Okay drill
- 2 x 50s Rhythm drill, focusing on HIGH ELBOW ENTRY
- 2 x 50s (25 Fist Drill / 25 Catch-up drill)
- 2 x 50s Rhythm drill, focusing on MIDDLE FINGER FIRST

(700)

### **Main Set 1: Getting Faster... (2100 yards)**

**(2X)**

1x300 Locomotion on 5:00

- 25 Fast/25 EZ, 50 Fast/50 EZ, 75 Fast/75 EZ

1x250 Smooth, long strokes, breathing every 3

- Then take :30 rest

1x200 Negative Split on 3:20 / 3:40 / 4:00

1x150 Smooth, long strokes, breathe every 5

- Then take :30 rest

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

1x50 Smooth, long strokes, breathe every 7

- Then take ONLY 30 sec rest until starting the next round

(2800)

### **Cooldown: 200 EZ**

(3000)