

Focus: Streamlines

Terrible Tuesday

Warm-Up

- **1x300**, 100 Swim/100 Kick/100 Choice (300)

2x through: Drill “Breaststroke Streamlines”

- **2x25** Windshield wipers @ :40
- **2x50** Breaststroke, 2 kick to 1 pull @ 1:15
 - Elongated streamline after the kick
 - Head down
 - Squeeze with biceps
- **2x50** Breast DPS
 - Aim for < 9 strokes (500)

2x through: Free & IM’s

- **1x150** Free, build by 50 @ 2:30/2:45/3:00
- **2x100** IMs @ 2:00/2:15/2:30
- **3x50** Free, descend 1-3 @ :55/1:00/1:05 (1000)

2x through: Floating IMs

- 8x25s Variable Speed @ :50/:55/1:00
- 3x125s Floating IMs @ 2:20 / 2:30 / 2:40
 - 50 fly, 25 back, 25 breast, 25 free
 - 25 fly, 50 back, 25 breast, 25 free
 - 25 fly, 25 back, 50 breast, 25 free
- 1x25 EZ (1200)

CoolDown: 200 EZ