

Focus: Chunks & Hustle

Terrible Tuesday

Warm-Up (300 yards)

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

Drill: "Clean Freestyle" (600 yards)

- **8 x 50s** Freestyle Drill
 - Odd 50s Catch-up (or the 'glove' drill)
 - Even 50s Fingertip drag
 - **4 x 50s** Single arm free w/ board in front (900)

3x thru: "Chunky Hundreds (1500 yards)

– **5x100s**

- 1st 100 Backstroke @ 2:00/2:10/2:20
- 2nd 100 Build Freestyle @ 1:40/1:45/1:50
- 3rd 100 Fast Freestyle @ 1:40/1:45/1:50
- 4th 100 IM Sprint @ 1:40/1:45/1:50
- 5th 100 EZ R:30, then restart (2400)

"IM Hustle" (500 yards)

- 4x25s IM Order on :30/:35/:40
- 4x50s IM Order on :50/:55/1:00
- 1x200 IM FAST (2900)

Warm Down

1x100 EZ (3000)