

## Focus: Kick & IM

## Terrible Tuesday

### Warm up

1x 800 S.K.I.P

1x 200 Swim

1x 200 Kick

1x 200 IM (25 drill/25 swim per stroke)

1x 200 Pull

(800)

### 2x thru:

1x 150 Swim, build every 50 R:30"

2x 100 IM, R:20"

3x 50 Descend 1-3 on 1:00/:55/:50

(1800)

### 2x thru:

2x 50 Kick down, drill back on 1:10/1:00

3x 125 IM R:30"

**50 FL/25 BK/25 BR/25 FR**

**25 FL/50 BK/25 BR/25 FR**

**25 FL/25 BK/50 BR/25 FR**

1x 25 Swim EZ on 1:00

(2800)

### Cool down:

2x 100 "Silent Swim"

(Total: 3000)