

Breast Pull Drills and Smooth Swims

“Terrible Tuesday”

Warm-Up (300 yards)

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

Drill Set “Working on Good Breast Pull” (400 yards)

(2x through)

- **1x50** Skull with a pool buoy
- **1x50** Windshield wipers with a pool buoy
- **1x50** 2 kick, 1 pull
- **1x 50** breast (700)

Main Set 1 (2100 yards)

1 x 100	Swim, Smooth	@1:45	
4 x 25	Swim, Descend 1-4	@:30	
1 x 200	Swim, Smooth	@3:20	
4 x 50	Swim, Descend 1-4	@1:00	
1 x 300	Swim, Smooth	@4:45	
3 x 100	Swim, Fast	@2:00	
1 x 300	Swim, Smooth	@4:45	
4 x 50	Swim, Descend 1-4	@1:00	
1 x 200	Swim, Smooth	@3:20	
4 x 25	Swim, Descend 1-4	@:30	
1 x 100	Swim, Smooth	@1:45	(2800)

Cool-down: 200 ez (3000)