

# Streamline and Tension Line

# Terrible Tuesday

## Warm-Up (300 yards)

- 1x300, 100 Swim/100 Kick/100 Choice

(300)

## Drill Set "Keeping in-line with the body" (450 yards)

(3x through)

- 1x50 "10 and 2" drill
- 1x50 1 hand, kickboard in front
- 1x50 DPS

(750)

## Main Set 1 (1000 yards)

(2x through)

1 x 100 75 free, 25 fly

@1:45/1:55/2:05

1 x 100 75 free, 25 back

@1:45/1:55/2:05

1 x 100 75 free, 25 breast

@1:45/1:55/2:05

1 x 100 Free, FAST

@1:45/1:55/2:05

1 x 100 100 Pull

@1:45/1:55/2:05

(1750)

## Main Set 2 (1200 yards)

(2x through)

5 x 50s Start at 1:00/1:05/1:10, minus :05 for each subsequent 50.

4 x 50s Start at :55/1:00/1:05, minus :05 for each subsequent 50.

3 x 50s Start at :50/:55/1:00, minus :05 for each subsequent 50.

(2950)

Cooldown: 50 ez

(3000)