

Burst Efforts

TERRIBLE TUESDAY: 04/02/25

Warm-Up + Drill (300 yards)

- 1 x 300 (100 swim, 100 kick, 100 choice)

Drill focus: underwater freestyle (400 yards)

- 2x50s “10 and 2” drill
- 2x50s 1 arm free w/board
- 2x50s Tarzan drill
- 2x50s DPS

(700)

Main Set 1: Burst Efforts (2100 yards)

(3 rounds: 1st Free, 2nd IM, 3rd Choice, add 5-10 sec for all non-free intervals)

- 4x100s descend 1-4 on 1:30 / 1:45 / 2:00
- 4x50s on :50/:55/1:00
- 4x25s FAST on :20/:25/:30

(2800)

Main Set 2: Muhahaha (400 yards)

- 1x400 IM
 - Option to do each 100 as 25 kick/50 drill/25 swim

(3200)