

## Kick Rhythm

## Terrible Tuesday

### Warm-Up (300 yards)

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

### Drill Set "Practice kick-to-stroke rhythm" (500 yards)

- **2x50s** Free DPS with Paddles
- **2x50s** 1 fin, 1 paddle, same side
- **2x50s** 1 fin, 1 paddle, opposite side
- **2x50s** 1 fin, 1 paddle, same side (other side)
- **2x50s** 1 fin, 1 paddle, opposite side (other side) (800)

### Main Set 1 (1700 yards)

- **3x100** Free, descend 1-3 on 1:30/1:45/2:00
- **1x200** Build by 50 on 3:00/3:15/3:00
- **1x50** EZ on 1:30/1:45/2:00
- **3x100** IM, descend 1-3 on 1:45/2:00/2:15
- **1x200** Negative Split on 3:00/3:15/3:00
- **1x50** EZ on 1:30/1:45/2:00
- **3x100** Free, best average on 1:30/1:45/2:00
- **1x200** FAST on 3:00/3:15/3:00
- **1x100** Smooth (2500)

### Main Set 2:Power 50s (500 yards)

- **3x50s** on :50/:55/1:00
- **3x50s** on :45/:50/:55
- **3x50s** on :40/:45/:55
- **1x50** ALL OUT BABY (3000)