

Fly Building and Pacing

Terrible Tuesday 3/11/2025

Warm-Up (300 yards)

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

Drill Set “Working up to a 50 fly” (300 yards)

(2X through)

– **1x50** ‘10 and 2’ arms with dolphin kick

– **2x50** stonesskipper

– **2x50** EZ Fly

– **1x50** Fly (600)

Main Set 1: Pacing a 200 (1200 yards)

(1st round free, 2nd round IM)

– **4x50s**, R:05 between 50s

The whole 200 is on 3:00/3:15/3:30, subtract :15 sec to get your 200 interval

– **2x100s**, R:10 between 100s

The whole 200 is on 3:00/3:15/3:30, subtract :10 sec to get your 200 interval

– **1x200** TIMED (1800)

Main Set 2: Locomotion Ladder (1500 yards)

– 1x50 Locomotion on :50/:55/1:00

– 1x150 Locomotion on 2:15/2:30/2:45

– 1x300 Locomotion on 4:30/4:45/5:00

– 1x500 Locomotion on 7:30/8:00/8:30

– 1x300 Locomotion on 4:30/4:45/5:0

– 1x150 Locomotion on 2:15/2:30/2:45

– 1x50 Locomotion on :50/:55/1:00 (3300)