

TERRIBLE TUESDAY: 04/22/25

Warm-Up (300 yards)

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

(300)

Drill Set “Better Streamlines” (200 yards)

● 4 x 50s Mid-pool 50s

- Focusing on tucking head, tight streamline

(500)

Main Set 1 “Chunky Hundreds (1500 yards)
(3X through)

– 5x100s

- 1st 100 Backstroke on 1:50/2:00/2:10
- 2nd 100 Build Freestyle on 1:40/1:45/1:50
- 3rd 100 Fast Freestyle on 1:40/1:45/1:50
- 4th 100 IM Sprint on 1:40/1:45/1:50
- 5th 100 EZ on 2:00/2:10/2:20

NO ADDITIONAL REST BETWEEN ROUNDS!

(2000)

Main Set 2: idk get tired I guess (1200 yards)

- 8x25s Variable Speed on :30/:35/:40
- 1x300 Locomotion on 3:40/3:55/4:10
- 8x25s IMO on :30/:40/:50
- 1x300 Locomotion on 3:40/3:55/4:10
- 8x25s Variable Speed on :30/:35/:40

(3200)

Warmdown

1x100 EZ

(3300)