

TERRIBLE TUESDAY 04/29/2025

Warm up (800)

1x800 S.K.I.P

1x200 Swim

1x200 Kick

1x200 IM (25 drill/25 swim per stroke)

1x200 Pull

(800)

Pre Set (250):

5x50s

on :55/1:00/1:05

1 non-free

1 build

1 ALL OUT

1 build

1 non-free

(1050)

Main Set (2250):

3x200 Descend 1-3

R:20"

1x200 Pull

R:30"

3x150 Descend 1-3

R:20"

1x200 Pull

R:30"

3x100 Descend 1-3

on 1:30/ 1:40/ 1:50

3x100 IMs

on 1:40/1:50/2:00

1x200 Smooth

R:30"

(3300)