

TERRIBLE TUESDAY: 5/5/25

Warm-Up (300 yards)

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

(300)

Drill Set “Breaststroke Streamlines” (500 yards)

(2X through)

- **2x25** Windshield wipers on :40
- **2x50** Breaststroke, 2 kick to 1 pull on 1:15
 - Elongated streamline after the kick
 - Head down
 - Squeeze with biceps
- **2x50** Breast DPS
 - Aim for < 9 strokes

(800)

Main Set 1 (1000 yards)

(2X through)

- **1x150** Free, build by 50 on 2:30/2:45/3:00
- **2x100** IMs on 2:00/2:15/2:30
- **3x50** Free, descend 1-3 on :55/1:00/1:05

(1800)

Main Set 2: Floating IMs (1200 yards)

(2X through)

- 8x25s Variable Speed on :50/:55/1:00
- 3x125s Floating IMs on 2:20 / 2:30 / 2:40
 - 50 fly, 25 back, 25 breast, 25 free
 - 25 fly, 50 back, 25 breast, 25 free
 - 25 fly, 25 back, 50 breast, 25 free
- 1x25 EZ

(3000)