

Breaking up is Easy

Terrible Tuesday

Warm-Up (300 yards)

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

(300)

Drill Set “Train Tracks” (200 yards)

- 2 x 50s finger tip drag
- 2 x 50s single arm freestyle with board

(500)

Main Set 1 “Breaking up the 200” (1600 yards) (2X through)

- 8x25s BBFE on :30/:35/:40
- 4x50s Descent 1-4 on :50/:55/1:00
- 1x200 Build on 3:00/3:10/3:20
- 1x200 FAST

Take :30 rest between rounds

(2100)

Main Set 2: Sustained Effort (1000 yards)

- 1x100 EZ Choice on 2:30/2:45/3:00
- 1x100 Build Freestyle on 1:40/1:50/2:00
- 8x100 Sustained STRONG on 1:25/1:35/1:45

(3100)

Warmdown

2x100 EZ Choice

(3300)