

TERRIBLE TUESDAY: 08/12/25

Warm-Up + Drill (300 yards)

- 1 x 300 (100 swim, 100 kick, 100 choice)

(300)

Drill focus: smooooth freestyle (400 yards)

- 4x50s fingertip drag
- 4x50s 1 arm freestyle with a board

(700)

Main Set 1: Sustained Efforts (2000 yards)

2 x 400 Smooth Freestyle focusing on clean turns

- :30 rest

3 x 200s Build Freestyle

on 3:00/3:30/4:40

3 x 200s Negative Split

on 3:00/3:30/4:00

1. First is EZ - Moderate
2. Second is Moderate - Strong
3. Third is Strong - FAST

(2700)

Main Set 2: Muhuhaha (400 yards)

- 8 x 25s IMO
- 200 EZ Freestyle

(3100)