

## **Locomotion & Breast Stroke**

### **Terrible Tuesday 8/19/25**

#### **Warm-Up (300 yards)**

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

(300)

#### **Drill Set “Let’s talk about breast stroke” (400 yards)**

- **2x50s** SLOB Breaststroke Kick
- **2x50s** 2 kick, 1 pull drill
- **2x50s** half-bowl drill
- **2x50s** shoot-out drill

(700)

#### **Main Set 1 Locomotion Ladder (1700 yards)**

- **1x50 Locomotion** on :50/1:00/1:10
- **1x150 Locomotion** on 2:00/2:10/2:20
- **1x300 Locomotion** on 3:45/4:00/4:15
- **1x500 Locomotion** on 7:00/7:30/8:00
- **1x300 Locomotion** on 3:45/4:00/4:15
- **1x150 Locomotion** on 2:00/2:10/2:20
- **1x50 Locomotion** on :50/1:00/1:10

(2400)

#### **Main Set 2: Power 50s (650 yards)**

- **4x50s** on :50/:55/1:00
- **4x50s** on :45/:50/:55
- **4x50s** on :40/:45/:55
- **1x50** ALL OUT BABY

(3050)