

## Break up the 200

Terrible Tuesday 9/23/25

### 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)