

EVF

Terrible Tuesday 9/9/25

Warm-Up (300 yards)

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

(300)

Drill Set “high vertical forearm” (300 yards)

– **2x50s** Skull

– **2x50s** 1 arm freestyle, with board

– **2x50s** catch up drill

(600)

Main Set 1 (1700 yards)

– **3x100** Free, descend 1-3 on 1:30/1:45/2:00

– **1x200** Build by 50 on 3:00/3:15/3:00

– **1x50** EZ on 1:30/1:45/2:00

– **3x100** IM, descend 1-3 on 1:40/2:00/2:15

– **1x200** Negative Split on 3:00/3:15/3:00

– **1x50** EZ on 1:30/1:45/2:00

– **3x100** Free, best average on 1:25/1:45/2:00

– **1x200** FAST on 3:00/3:15/3:00

– **1x100** Smooth

(2300)

Main Set 1 (1000 yards)

(2X through)

– **1x150** Free, build by 50 on 2:30/2:45/3:00

– **2x100** IMs on 1:45/2:10/2:30

– **3x50** Free, descend 1-3 on :50/1:00/1:10

(3300)