

## Clean, Chunky and Pacing

## Terrible Tuesday

### Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice (300)

### Drill Set “Clean Freestyle” (600 yards) (900)

- **8 x 50s** Freestyle Drill
  - Odd 50s Catch-up (or the ‘glove’ drill)
  - Even 50s Fingertip drag
  - **4 x 50s** Single arm free w/board in front

### Main Set 1 “Chunky Hundreds (1500 yards) (2400) (3X through)

#### – **5x100s**

- 1st 100 Backstroke 1:45/2:00/2:20
- 2nd 100 Build Freestyle 1:25/1:45/1:50
- 3rd 100 Fast Freestyle 1:30/1:45/1:50
- 4th 100 IM Sprint 1:30/1:45/1:50
- 5th 100 EZ :30 Rest and Repeat

### Main Set 1: Pacing a 200 (1300 yards) (3700)

- **8x25s** Odd ALL-OUT, Even EZ :30/:40/:50
- Note your average time according to fast 25s
- **4x100s**, Descend 1-4 1:25/1:45/2:00
- **8x50s** Free :50/1:15/1:30
- Odd 95% effort, even 25 fast to second flags, 25 EZ
- **1x100** EZ Swim Recovery 2:00/2:15/2:30
- **2x100s** Broken all-out Free 1:45/2:15/2:30
  - Stop :10 after each 25. Calculate actual pace

Warmdown: Silent Swim 200 yds