

## **50's Stroke Work**

***TERRIBLE TUESDAY: 01/27/26***

### **Warmup (300 yards)**

1x300 (100 Swim / 100 Kick / 100 Choice) (300)

### **Drill focus: all turns (700 yards)**

4x75s Rolling IMs (Fly/Bk/Br, Bk/Br/Fr, Br/Fr/Fly, Fr/Fly/Br)

4x50s Mid-pool, short axis strokes (Br or Fly)

4x50s Mid-pool, long axis strokes (Fr or Bk) (1000)

### **Main Set 1: 50s Stroke Work (1200 yards)**

- **2x50s 1-arm Fly** on :55/1:00/1:10
- 2x50s EZ Fly on :55/1:00/1:10
- 2x50s Fly FAST on :55/1:00/1:10
- **2x50s 3-6-3 Bk** on :55/1:00/1:10
- 2x50s Bk, streamline past flags on :55/1:00/1:10
- 2x50s Bk FAST on :55/1:00/1:10
- **2x50s Br, 2 kick-1 pull** on 1:00/1:10/1:20
- 2x50s Br Kick SLOB on 1:00/1:10/1:20
- 2x50s Br FAST on 1:00/1:10/1:20
- **2x50s Fr Rhythm Drill** on 1:00/1:10/1:20
- 2x50s Fr Build on :50/:55/1:10
- 2x50s Fr FAST on :50/:55/1:10 (2200)

### **Main Set 2: (2x through) 50s Push Pace (900 yards)**

- 4x50s Strong on :45/:50/1:05
  - 4x50s BBFE on :50/:55/1:10
  - (rest :30, then) 1x50s ALL OUT on 1:15/1:30/1:45
- (3100)