

BURST EFFORTS

TERRIBLE TUESDAY: 01/13/26

Warmup (500 yards)

300 Swim

4 x 50 Kick R:10s

(500)

Drill focus: underwater streamline (500 yards)

4x75s 50 Free, 25 Back

- Focusing on TIGHT streamline and dolphin kick

4x25s Freestyle, ascending kick number

- Far as you can streamline on stomach (COUNT kicks and increase number for each 25)

4x25s Backstroke, ascending kick number

- Far as you can streamline on back (COUNT kicks and increase number for each 25)

(1000)

Main Set 1: Burst Efforts (2100 yards)

(3 rounds: 1st Free, 2nd IM, 3rd Choice, add 5-10 sec for all non-free intervals, take :30 between rounds)

The aim is to push the interval for the 100s and 50s, then get extra rest, but push pace for the 25s.

- 4x100s descend 1-4 on 1:25 / 1:35 / 1:50

- 4x50s on :45/:55/1:00

- 4x25s ALLOUT on :40/:50/1:00

(3100)