

Best Average

TERRIBLE TUESDAY: 02/03/26

Warm-Up + Drill (600 yards)

- 1 x 300 (100 swim, 100 kick, 100 choice)

Drill focus: flip turns

- 1x50 ALL OUT (TIMED)
- 4x50s Freestyle (WAIT for murph to send you off)
 - No breath in and out of the flipturn
 - Tuck head, hold tight streamline
 - Keep head down into flip
- 1x50 ALL OUT (TIMED)
 - Keep good form even when you are tired ;) (600)

Main Set 1: PUSH UR BEST AVG DOWN (1750 yards)

1x100 FAST	on 1:30 / 1:45 / 2:00	
● 1x50 Smooth	on 1:00	
2x100 Best Average	on 1:35 / 1:50 / 2:05	
● 1x50 Smooth	on 1:00	
3x100 Best Average	on 1:40 / 1:55 / 2:10	
● 1x50 Smooth	on 1:00	
4x100 Best Average	on 1:45 / 2:00 / 2:15	
● 1x50 Smooth	on 1:00	
5x100 Best Average	on 1:50 / 2:05 / 2:10	
● 1x50 Smooth	on 1:00	(2350)

Main Set 2: Ladder!!! (1500 yards)

- 4x25s on :20 / :30 / :40
- 4x50s on :45 / :50 / 1:05
- 4x100s on 1:25 / 1:35 / 2:00
- 4x200s on 2:50 / 3:10 / 4:00 (3850)