

## 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)

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