

Clean and Chunky 100s

Terrible Tuesday

Warm-Up (300 yards)

- 1x300, 100 Swim/100 Kick/100 Choice

(300)

Drill Set "Clean Freestyle" (600 yards)

- 8 x 50s Freestyle Drill
 - Odd 50s Catch-up (or the 'glove' drill)
 - Even 50s Fingertip drag
- 4 x 50s Single arm freestyle with board in front

(900)

Main Set 1 "Chunky Hundreds (1500 yards)

(3X through)

– 5x100s

- 1st 100 Backstroke on 1:50/2:00/2:20
- 2nd 100 Build Freestyle on 1:30/1:40/1:50
- 3rd 100 Fast Freestyle on 1:30/1:40/1:50
- 4th 100 IM Sprint on 1:40/1:45/1:50
- 5th 100 EZ :30 Rest, then restart

(2400)

Main Set 1 "IM Pyramid" (800 yards)

(2x through)

- 1x25 fly on :30/:35/:40
- 1x50 fly-back on :55/1:05/1:15
- 1x75 fly-back-breast on 1:25/1:45/2:00
- 1x100 IM on 1:35/1:45/1:55
- 1x75 back-breast-free on 1:25/1:45/2:00
- 1x50 breast-free on :55/1:05/1:1
- 1x25 free on :30/:35/:4

(3200)