

## ***Streamlines***

## ***Terrible Thursday***

### **Warmup (500 yards)**

300 (100 swim / 100 kick / 100 choice)

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: Sustained Effort (1700 yards)**

- 8x100s Freestyle on 1:25 / 1:35 / 1:50
- 1x100 EZ rest on 2:00 / 2:30 / 3:00
- 8x100s IM on 1:40 / 1:50 / 2:00

(2700)

### **Main Set 2: Burst Effort (550 yards)**

- 8x25s IMO ALL OUT on :45 / :55 / 1:05
- 1x50 EZ on 1:00 / 1:10 / 1:20
- 4x50s Build on :45 / :55 / 1:05
- 2x50s ALL OUT on :50 / 1:00 / 1:10

(3250)