

“Glow-Ups”

TERRIBLE TUESDAY: 04/14/26

Warmup (300 yards)

300 Swim (100 Swim / 100 Kick / 100 Choice)

(300)

Drill focus: underwater streamline (400 yards)

4x75s 50 Free, 25 Back

- Focusing on TIGHT streamline and dolphin kick

4x25s Backstroke, ascending kick number

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

(700)

Main Set 1 “Glow-ups” (2600 yards)

Find a strong pace, then keep it for longer and longer distances.

(2x through)

– **4x50s** Strong Freestyle on :55/1:05/1:15

- Get an average time from these 50's!

– **2x100s** Fast Freestyle on 1:30/1:40/1:50

- Try and get faster than your average 50s time X2!

– **4x100s** Strong Freestyle on 1:45/1:55/2:05

- Get an average time from these 100's!

–**2x200s** Fast Freestyle

- Try and get faster than your average 100s time X2!

–**1x100 EZ**

(3300)