

Sculling and Pull

Terrible Tuesday

Warm-Up (300 yards)

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

(300)

Drill Set “Skull Me Baby One More Time” (300 yards)

(2x through)

– 1x100 Skull IM

– 1x50 Windshield Wipers

(600)

Main Set 1 “Pull, w effort!” (2100 yards)

- 4x150s Pull w/ Paddles on 2:15/2:30/2:45
- 4x100s Pull Strong on 1:30/1:45/2:00
- 4x50s Fast (no paddles) on :50/1:00/1:10
- 4x150s Pull w/ Paddles on 2:10/2:20/2:30

(2700)

1x300 Cooldown

(3000)