

TERRIBLE TUESDAY: 04/21/26

Warmup (300 yards)

1x300 (100 Swim / 100 Kick / 100 Choice)

(300)

Drill focus: all turns (500 yards)

4x75s Rolling IMs (Fly/Bk/Br, Bk/Br/Fr, Br/Fr/Fly, Fr/Fly/Br)

2x50s Mid-pool, short axis strokes (Br or Fly)

2x50s Mid-pool, long axis strokes (Fr or Bk)

(800)

Main Set 1: Building an IM (2000 yards)

(2x through)

- 4 x 25: Fly on :30/:40/:50
- 4 x 50: 25 Non-Free, 25 Free on :55/1:00/1:10
- 4 x 75: IM, no Free on 1:10/1:20/1:30
- 4 x 100: Choice on 1:40/1:50/2:00

(2800)

Main Set 2: a few extra 50s (450 yards)

- 4x50s Strong on :45/:50/1:05
- 4x50s BBFE on :50/:55/1:10
- (rest :30, then) 1x50s ALL OUT on 1:15/1:30/1:45

(3250)