

TERRIBLE TUESDAY: 05/05/2026

Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice
- 4x50s Tennessee Turns

(500)

Main Set 1 Threshold Amuse Bouche (1100 yards)

- **4x150 Strong Free** on 2:10/2:20/2:40
(Wait, and regroup)
- **3x75 FAST Free** on 1:30
- 1x25 EZ Free (and regroup)
- **3x75 FAST Free** on 1:30
- 1x25 EZ Free

(1600)

Main Set 2: Sustained Effort (1550 yards)

- **1x200 Strong** on 2:55/3:15/3:30
- **2x150 Build** on 2:10/2:30/3:00
- **1x50** on :50/:55/1:00

- **1x150 Strong** on 2:10/2:30/3:00
- **2x100 Build** on 1:30/1:40/1:50
- **2x50** on :50/:55/1:00

- **1x100 Strong** on 1:30/1:40/1:50
- **2x50 Build** on :50/:55/1:00
- **3x50** on :50/:55/1:00

- 1x200 Cooldown

(3150)