

Glow-Ups!

TERRIBLE TUESDAY

Warm-Up (1000 yards)

- 1 x 1000 S.K.I.P.S. (IM drill down, swim back) (1000)

Main Set 1: STROKE BABY (1300 yards)

1x 200 IM on 3:20 / 3:40 / 4:00

6x 25 Fly on :30 / :45 / 1:00

Rest :30s

1x 200 Pull on 3:00 / 3:20 / 3:40

4x 50 Backstroke on :55 / 1:05 / 1:15

2x 100 IM on 1:45 / 1:55 / 2:10

Rest :30s

2x 75 Breast on :45 / :55 / 1:05

1x 200 IM (2300)

Main Set 2: Glow ups (1600 yards)

2 x 50s Free on :50 / :55 / 1:05

2 x 100 Free on 1:40 / 1:50 / 2:10

1 x 200 Free on 3:20 / 3:40 / 4:20

No rest!!!!

2 x 50s Free on :45 / :50 / 1:00

2 x 100 Free on 1:30 / 1:40 / 2:00

1 x 200 Free on 3:00 / 3:20 / 4:00

Rest :30s

2 x 50s Free on :40 / :45 / :55

2 x 100 Free on 1:20 / 1:30 / 1:50

2 x 200 Free on 2:40 / 3:00 / 3:40 (3900)

1x100 warm down :) (4000)