

TERRIBLE TUESDAY

08/18/26

Warm-Up (500 yards)

- 1 x 300 odd 50s free, even 50s back
- 1 x 200 IM Kick

(500)

Main Set 1: Hypoxic Load (1200 yards)

2x50 Fly	on :55 / 1:05 / 1:15
1x200 Pull, BE 5 strokes	on 3:00 / 3:20 / 3:40
2x50 Back	on :55 / 1:05 / 1:15
1x200 Pull, BE 5 strokes	on 3:00 / 3:20 / 3:40
2x50 Breast	on :55 / 1:05 / 1:15
1x200 Pull, BE 5 strokes	on 3:00 / 3:20 / 3:40
2x50 Free	on :45 / :55 / 1:05
1x200 Pull, BE 5 strokes	on 3:00 / 3:20 / 3:40

(1700)

Main Set 2: Get some stroke in (1600 yards)

3 x 100 Best Average	on 1:30 / 1:40 / 1:50
100 EZ on 2:00	
3 x 100 IM	on 1:45 / 1:55 / 2:05
100 EZ on 2:00	
3 x 100 Best Average	on 1:25 / 1:35 / 1:45
100 EZ on 2:00	
3 x 100 IM	on 1:40 / 1:50 / 2:00
100 EZ on 2:00	

(3300)

Main Set 3: Threshold 50s Effort (500)

10 x 50s Choice	on :50 / :55 / 1:00
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(3800)