

Ladders & Short Efforts

TERRIBLE TUESDAY

Warm-Up (300 yards)

- 1 x 300 (100 swim / 100 kick / 100 choice)

(300)

Main Set 1: Ladders (3200 yards)

Each round is:

50 / 100 / 150 / 200 / 150 / 100 / 50

- Round 1 - Pull, on 1:30 / 1:40 / 1:50 base
- Round 2 - IM, on 1:45 / 1:55 / 2:15 base
- Round 2 - Negative Split, on 1:30 / 1:40 / 1:50 base
- Round 3 - IM, on 1:45 / 1:55 / 2:15 base

(3500)

Main Set 2: Short Efforts (500 yards)

8 x 25s BBFE on :30 / :40 / :50

8 x 25s IMO on :30 / :40 / :50

rest 1:00

1 x 100 Choice FAST

(4000)