

Break up the 200

“Terrible Tuesday”

Warm-Up (300 yards)

- 1x300, 100 Swim/100 Kick/100 Choice

(300)

Drill Set “Train Tracks” (200 yards)

- 2 x 50s finger tip drag
- 2 x 50s single arm freestyle with board

(500)

Main Set 1 “Breaking up the 200” (1600 yards)

(2X through)

- | | |
|---------------------|-------------------|
| – 8x25s BBFE | on :30/:35/:40 |
| – 4x50s Descent 1-4 | on :50/:55/1:00 |
| – 2x100 Build | on 1:40/1:50/2:00 |
| – 1x200 FAST | (hold fast time) |

Take :30 rest between rounds

(2100)

Main Set 2: Sustained Effort (1200 yards)

(2x through)

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|--------------------------|-------------------|
| • 1x100 EZ Choice | on 2:30/2:45/3:00 |
| • 1x100 Build Freestyle | on 1:40/1:50/2:00 |
| • 4x100 Sustained STRONG | on 1:25/1:35/1:45 |

(3300)

Warmdown

2x100 EZ Choice

(3500)