

Fun Volume & Repeats

TERRIBLE TUESDAY: 09/10/26

Warm-Up (1000 yards)

- 1 x 300 Choice
 - 3 x 100 Free Smooth and Strong on 1:40 / 1:50 / 2:00
 - 8 x 50 odds fingertip drag, even swim on :55 / 1:00 / 1:10
- (1000)

Main Set 1: Volume Repeats (2200 yards)

5 x 100 Free, descend 1-5 on 1:30 / 1:40 / 1:50

Rest 1:00

5 x 100 Free, descend 1-5 on 1:30 / 1:40 / 1:50

Rest 1:00

4 x 50s Free, descend 1-4 on :55 / 1:00 / 1:10

Rest 1:00

4 x 50s Free, descend 1-4 on :55 / 1:00 / 1:10

Rest 1:00

4 x 200 Free, Negative Split on 3:15 / 3:30 / 4:00

(3200)

Main Set 2: 75 Efforts (600 yards)

2 x 75 Free build on 1:10 / 1:15 / 1:25

2 x 75 IM w/o Free on 1:15 / 1:25 / 1:35

2 x 75 Free build on 1:10 / 1:15 / 1:25

2 x 75 IM w/o Free on 1:15 / 1:25 / 1:35

(3800)

200 Warmdown

(4000)