

Base Training: Building an IM

Friday 3/26

Warm Up

4 x 100 Swim

8 x 50 Kick with fins

(800)

Building IM without Fly:

4 x 25 Free R:10"

2 x 50 25 Free/25 Back R:15"

2 x 25 Free R:10"

2 x 50 25 Free/25 Back R:15"

2 x 75 25 Free/25 Back/25 Breast

2 x 25 Free R:10"

2 x 50 25 Free/25 Back R:15"

2 x 75 25 Free/25 Back/25 Breast

2 x 100 Back R:20"

2 x 100 Free R:20"

1 x 100 50 Back/50 Free

Warm down: (5:35pm)

4 x 50 EZ Recovery