

## Focus: Free + IM

### Warm up: R:15

300 Swim + 100 Kick + 4 x 50 IMO-Kick+ Build  
8 x 25 Descend 1-4/5-8 (800)

### Free + IM Pyramid:

(Choice to start at 500 or 400 or 300 level and end at that level)

1 x 500 @7:30/8:00/10:00  
(200 free + 100 IM + 200 free)

1 x 400 @6:30/7:00/7:30  
(150 free + 100 IM + 150 free)

1 x 300 @5:30/6:00/6:30  
(100 free + 100 IM + 100 free)

1 x 200 Choice @4:00/4:30/5:00  
(50 free + 100 IM + 50 free)

1 x 100 IM @1:50/2:00/2:15

(Repeat back down pyramid) (2,900)

### Cool down (6:05)

300 Choice