

## Focus: Sprint 25's IMO and RIMO

Friday

### Warm up (800)

200 Swim + 100 Kick + 100 Pull R:15  
4 x 50 *IMO-25 kick+25 DPS Swim* R:15  
8 x 25 *Choice descend 1-4/5-8* @:40/50

### Sprint Sets: (2,700)

4 x 25 Fly Sprint @:30/:40  
1 x 400 EZ (*150 Free + 100 Stroke + 150 Free*) R:20  
4 x 25 Back Sprint @:30/:40  
1 x 300 EZ (*75 Stroke + 100 Free + 75 Stroke*) R:20  
4 x 25 Breast Sprint @:30/:40  
1 x 200 EZ (*75 Free + 50 Stroke + 75 Free*) R:20  
4 x 25 Free Sprint @:30/:40  
1 x 100 EZ (*25 Stroke + 50 Free + 25 Stroke*) R:20  
(Repeat upward to Fly Sprint)

### Cool Down: (300)

300 EZ - scull - long streamline off wall - stretch