

# Focus: IM Training and 100 Challenge

Monday & Tuesday

## Warm Up:

200 Free	R:10"	
200 Pull	R:10"	
200 Kick	R:10"	(600)

## IM Training Strength

4 x 50 - 25 fly 25 free	Base +10"	
4 x 50 - 25 back 25 free	Base +10"	
4 x 50 - 25 breast 25 free	Base +10"	
200 IM - 25 drill + 25 swim	Base +10"	(800)

## 100 Challenge

4 x 100 Free	@ 1:45/1:55/2:15	
hold steady pace or set your own		
4 x 100 Free	@ 1:40/1:50/2:10	(800)

## Cool Down (5:55pm)

200 Kick Choice	R:10"	
200 Swim Choice, lengthen, stretch		(400)