

Focus: Endurance Broken IM & Free
Wednesday & Thursday

Warm up:

R:15"

200 Swim

200 Kick - mix

4 x 50 IMO (25 Drill/25 Build)

8 x 25 Descend (1-4/5-8)

1 x 50 Ez Recovery

(850)

Broken IM and Free Swims: Pick one set-

700 Free

600 IMO (150's kick/swim/drill/build)

500 Free

200 IM

100 Free

(2100)

500 Free

400 IMO (100's kick/swim/drill/swim)

300 Free

200 IM

100 Free

(1500)

Cool down: (5:55pm)

200 Choice, stretch, lengthen, sculling