

## Focus: Broken IM and Free

Friday

### Warm Up:

(800)

200 Swim + 200 Kick + 200 Pull

2 x 100 Breast Kick

### IM Transition Drills: (5:10-5:15) open & flip turns

#### 1x thru:

(900/600)

3 x 300/200: Broken Swim R: 20"

(1st 50 build + 25's fast + 3rd 50 cruise)

100/50 Free + 4 x 25 Fly + 100/50 Free

100/50 Free + 4 x 25 Back + 100/50 Free

100/50 Free + 4 x 25 Breast 100/50 Free

2 x 100 IM

R: 10"

(200)

#### 2x thru:

4 x 75: Broken Swim

R: 15"

(600/300)

(outside lengths fast, middle length EZ)

#1 Fly/Free/Fly,

#2 Back/Free/Back

#3 Breast/Free/Breast,

#4 All Free

#### 1x thru:

3 x 100 Pull: Bilateral Breathe R: 20"

(300)

### Warm Down: (5:55pm) 200 EZ Recovery