

## Base: Building IM

Wednesday

### Warm Up: (No equipment)

200 Swim

100 Side Kick (triple switch + 8 kick)

4 x 50 (25 fast free + 25 Ez Back) (500)

### Drill:

2x (6 x 25) R1-Breast & R2-Fly

R1: Odd Breast Kick/Even Breast DPS

R2: Odd SA Pulsing/Even Stoneskipper (300)

### IM Building:

2x (50 Free + 25 Fly Drill + 25 Free) R:10"

1 x 100 Ez Choice (300)

2x (50 Free + 25 Back + 25 Free) R:10"

1 x 100 Ez Choice (300)

2x (50 Free + 25 Breast + 25 Free) R:10"

1 x 100 Ez Choice (300)

3x (75 Free/25 Best Non-Free) R:10" (300)

2x (25 Fly drill + 25 Back + 25 Breast + 25 Free)