

**Base: IM Training & 200**

**Monday & Tuesday**

**Warmup:**

1 x 200 Free

2 x 100

(50 DPS + 1 x 25 SLOB Kick + 1 x 25 Breast)

**Drill: 4 x 50 - Fly**

25's Stoneskipper/25's Angel Wings (600)

**IM and Free:**

2 x 50 Free DPS R:15"

1 x 100 Fly/Free (25's) R:20"

1 x 100 Free Pull R:20"

2 x 50 Free DPS R:15"

1 x 100 Fly/Breast (25's) R:20"

1 x 200 Free Pull R:20"

2 x 50 Free DPS R:15

(1000)

- Rest 2:00 -

**Bonus:**

2 x 200 R:30"

8 x (25 Free + 25 Stroke Choice) (400)

**Cool Down: 2 x 100 EZ Choice - scull, kick, swim**