

# Focus: IM Training & 400

Monday & Tuesday

## Warmup:

1 x 200 Free

2 x 200

(50 DPS + 2 x 25 SLOB Kick + 4 x 25 IMO)

## Drill: 4 x 50 - Fly

25's Stoneskipper/25's RA/LA/Double (800)

## IM and Free:

2 x 50 Free Build @base +15"

1 x 100 IM (25's) R:20"

1 x 200 Free Pull R:30"

2 x 50 Free Build @base +15"

1 x 200 IM (50's) R:20"

1 x 200 Free Pull R:20"

2 x 50 Free Build @base +15"

1 x 300 IM (75's) R:20"

1 x 200 Free Pull (1500)

- Rest 2:00 -

2 x 400 R:30"

8 x (25 Free + 25 IMO) (800)

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