

Focus: IM Training & Transitions

Wednesday & Thursday

Warmup:

1 x 300 Swim Choice

6 x 75 (25 Fly drill + 25 SLOB Kick + 25 Swim)

Fly drills: Stoneskipper, 25's RA/LA/Double,
Angel Wings, Body dolphin

5 x 50 (25 Fast Fly + 25 Ez Free or 25 Back) (1000)

IM Stroke Transitions:

1 x 50 (25 Fly + 25 Back) R:10"

2 x 75 (25 Fly + 25 Back + 25 Br) R:15"

2 x 100 (50 Back +25 Br + 25 Fr) R:20"

1 x 200 Free Negative Split R:40"

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

4 x 75 (25 Back +25 Br +25 Free) R:15"

1 x 400 Free Negative Split (1800)

- 1:00 Rest -

1 x 400 Pull Descend 200's (400)

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