

Base: IM Training & Transitions

Wednesday & Thursday

Warmup:

1 x 200 Swim Choice

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

Fly drills: Stoneskipper, 25's RA/LA/Double,

Angel Wings, Body dolphin (500)

IM Fly & Breast Training:

1 x 50 (25 Fly Drill) R:15"

2 x 75 (50 Fly Drill + 25 Back) R:15"

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

1 x 150 Free DPS R:30"

2 x 50 (Fly Drill) R:10"

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

1 x 200 Free DPS (1000)

- 1:00 Rest -

1 x 200 Pull Descend 200's (200)

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