

## **Focus: IM Steady Pace and Good Technique**

**Monday and Tuesday (Mini Swim Meet)**

### **Warmup:**

300/200 Swim Choice

200/100 IM (25 Kick + 25 Drill)

100 Swim Choice

3 x 50 (Fl/Bk, Bk/Br, Br/Fr) (750/550)

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

### **(Tuesday - Mini Swim Meet - 50's & 100's)**

#### **IM Steady Pace:**

2 x 100 IM R:20"

1 x 300/200 Fr R:15"

3 x 100 IM R:20"

1 x 200/100 Free R:15"

3 x 100 IM - perfect turns R:20"

1 x 400/300 Free R:15"

4 x 100 IM R:20"

1 x 300/200 Free (2400/2000)