

Focus: IM Training

Wednesday

Warmup:

1 x 150 Free

1 x 150 Kick - 25's SLOB / 25's Breast

1 x 150 Free

1 x 150 Pull (600)

Drill: 8 x 50 (25 Fly or Br + 25 Free) R:15"

Fly: Stoneskipper; RA/LA/Double; "3's-2's"

Br: 1-pull & 2-kick; pull & fly kick; "3's-2's" (200)

IM Training: (Stroke choice on 75's)

1 x 150 Fly/Free/Back/Free/Breast/Free R:20"

4 x 75 Choice (75%, 80%, 85%, 90%) R:20"

2 x 150 Fly/Free/Back/Free/Breast/Free R:20"

4 x 75 Choice (75%, 80%, 85%, 90%) R:20"

3 x 100 IM @base +20"

4 x 100 Choice 2x 80%, 2x 85%

1 x 200 Ez Recovery Choice (1950)

1x or 2x thru:

1 x 150 Pull R:20"

4 x 25 Sprint Choice R:45" (250/500)