

Base: IM Training - Maintain Pace

Monday

Warm up:

200 Free

150 Kick + 50 Pull R:10"

100 Kick + 100 Pull R:10"

50 Kick + 150 Pull R:10" (800)

IM Drills: (300)

300 IM 4 x (25 Kick + 25 Drill + 25 Swim)

Drill Options:

Long Axis: 3 Free/4 Back per length

Short Axis: 3 Breast/2 Fly per length; Ez Fly

2x thru - Increase speed with each round:

25 Fly Drill + 25 Back R:15"

25 Back + 25 Breast R:15"

25 Breast + 25 Free R:15"

25 Free + 25 Fly Drill R:15"

1 x 200 Free R:20"

1 x 100 IM R:20" (1000)

Cool Down:

4 x 50 Ez swim/kick/pull/scull