

# Focus: IM Training - Increase Pace

Monday

## Warm up:

300 Free

150 Kick + 50 Pull R:10"

100 Kick + 100 Pull R:10"

50 Kick + 150 Pull R:10"

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

3 x 100 IM R:10" (1500)

## 2x-3x thru - Increase speed with each round:

25 Fly + 25 Back R:15"

25 Back + 25 Breast R:15"

25 Breast + 25 Free R:15"

25 Free + 25 Fly R:15"

1 x 200 Free R:20"

2 x 100 IM R:20" (1200/1800)

## 1x or 2x thru:

1 x 150 Pull R:20"

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