

Base: FrIM Training - Increase Pace

Friday

Warmup:

200 Free

4 x (25 SLOB Kick + *25 Dr + 25 Sw) R:15"

2 x 100 Non-Free or FrIM (700)

*Drill Options:

Long Axis: 3 Free/4 Back per length

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

Kick & Pull:

3 x 50 Kick + 1 x 50 Pull

2 x 50 Kick + 2 x 50 Pull

1 x 50 Kick + 3 x 50 Pull (600)

2x or 1x thru:

1 x 50 (25 Fly + 25 Bk) R:15"

1 x 50 (25 Bk + 25 Br) R:15"

1 x 50 (25 Br + 25 Fr) R:15"

1 x 50 (25 Fr + 25 Fly) R:15"

1 x 200 Free R:20"

2 x 100 FrIM R:20" (1200/600)

Cool Down: 2 x 100 Ez swim/drill/kick