

# Focus: FrIM Training - Increase Pace

Friday

## Warmup:

300 Free

300 IM -> 4 x (25 SLOB Kick + \*25 Dr + 25 Sw)

3 x 100 Non-Free or FrIM (900)

## \*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 3x 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" (1200/1800)

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