

Focus: IM Training

Wednesday & Thursday

Warmup:

200 Free

200 Kick - 25's SLOB / 25's Breast

200 Pull

4 x 50 (25 IMO + 25 Free) R:15" (800)

Fly Drill: 4 x 50 (fins?)

25's Stoneskipper/25's RA/LA/Double (200)

IMO:

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"

1 x 100 Ez Recovery Choice

4 x 100 Choice 2x 75%, 2x 85% (1850)

Bonus:

1 x 150 Pull R:20"

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

Cool Down: 3 x 100 Ez Recovery Choice