

**Focus: IM Training & 400**      Wednesday & Thursday

**Warmup:**

1 x 200 Free

2 x 200 (50 DPS + 50 Breast Kick + 100 IMO)

**Drill: 4 x 50 - Fly**

25's Stoneskipper/25's RA/LA/Double      (800)

**IM and Free:**

2 x 50 Free Build      @base +15"

1 x 100 IM (25's)      R:20"

1 x 200 Free Pull      R:30"

2 x 50 Free Build      @base +15"

1 x 200 IM (50's)      R:20"

1 x 200 Free Pull      R:20"

2 x 50 Free Build      @base +15"

1 x 300 IM (75's)      R:20"

1 x 200 Free Pull      (1500)

- Rest 2:00 -

**Bonus:**

2 x 400      R:30"

8 x (25 Free + 25 IMO)      (800)

**Cool Down: 2 x 100 EZ Choice - scull, kick, swim**