

Focus: IM Training & Transitions

Wed & Thurs

Warmup:

200 Swim Choice

4x (50 IM Kick + 50 Fly Drill*) pick one drill

*Fly drills: Stoneskipper, 25's RA/LA/Double,

Angel Wings, Body dolphin

4 x 50 IMO Perfect Technique (800)

IM Stroke Transitions:

2 x 100 (50 Fly + 50 BK)	R:15"	
1 x 100 Free	R:20"	
2 x 100 (50 Br + 50 Fr)	R:15"	
1 x 100 Free	R:30"	
2 x 100 IM - perfect turns	R:40"	(800)
2 x 75 (25 Fly + 25 Bk + 25 Br)	R:15"	
1 x 100 Free	R:20"	
2 x 75 (25 Bk + 25 Br +25 Fr)	R:15	(1500)

Bonus Option: choose one of two

#1) 2x (200 IM + 200 Pull B3) (800)

#2) 10 x 75 Backstroke (750)

Cool Down: 200 EZ Choice; pull, kick, scull, swim