

Focus: Free/Stroke - Transitions

Monday & Tuesday

Warm up

300/200 Free Swim

IMO 4 x (50 *IMO Drill/25 Swim)

IMO Drill Choices: (LA:3Fr/4Bk, SA:3Br/2Fly),
8 x 25 (Odd 25 Fast Free + Even 25 EZ choice) (800/700)

Free/Stroke Transitions:

1 x 200 Free	R:15"
2 x 200 (50 Free + 50 Non-Free)	@base +15"
1 x 200 Free	R:15"
3 x 100 (25 Free + 25 Non-Free)	@base +20" (1100)

Bonus Options:

4 x 75 (25 Non-Fr + 25 Fr + 25 Non-Fr)	R:20"
1 x 200 Free	R:15"
8 x 50 Non-Free	@base +20"
1-3 Descend, 4-6 Descend, 7-8 Descend	(900)

10x "Check Off" Challenge Choices:

Start small and ez with steady pacing

2 x (5 x 25 Fly)	(250)
2 x (5 x 50 Breast)	(500)
2 x (5 x 75 Backstroke)	(750)
2 x (5 x 100 IM)	(1000)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns/Kick