

Focus: IM Training

Monday & Tuesday

Warmup:

150 Free

150 Kick (25's SLOB / 25's Breast)

150 Pull (450)

Drill*: 8/6 x 50 (25 Fly or Br + 25 Free) R:15"

*Fly Drill Choice: Stoneskipper; RA/LA; "3's-2's"

*Br Drill Choice: 1-pull+2-kick; RA/LA; "3's-2's"

(400/300)

IM Training: (Stroke choice on 75's)

1 x 150 Fly/Free/Back/Free/Breast/Free R:20"

4 x 75 Choice (70%, 75%, 80%, 85%) 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"

4 x 100 Choice 2x 80%, 2x 85% @base +30"

1 x 200 Ez Recovery Choice (1950)

1x or 2x thru:

1 x 150 Pull R:20"

4 x 25 Sprint Choice R:45" (250/500)