

Focus: IM Training - Increase Pace

Monday & Thursday

Warm up:

300 Free

150 Kick + 50 Pull R:10"

100 Kick + 100 Pull R:10"

300 IM 4 x (50 *Drill + 25 Swim DPS)

*Drill Options:

Long Axis: 3 Free/4 Back per length

Short Axis: 3 Breast/2 Fly per length (1000)

2x-3x thru - Increase speed with each round:

25 Fly + 25 Back R:15"

25 Back + 25 Breast R:15"

25 Breast + 25 Free R:15"

25 Free + 25 Fly R:15"

200 Pull R:20"

2 x 100 IM R:20" (1200/1800)

1x or 2x thru:

1 x 150 Pull or Kick R:20"

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