

# Focus: FrIM Training - Stretch and Lengthen

## Monday

### Warm Up:

400/200 Choice every 4th 25 Back Kick R:10"  
6/4 x 50 Kick Choice- 25 Ez/25 Fast R:10"  
200 Pull (900/600)

### FrIM Warm Up

300 IM -> 4 x (25 SLOB Kick + \*25 FrIM Drill + 25 Sw)  
3 x 100 Non-Free or \*FrIM Drills (900)

#### \*FrIM Drill Options:

Long Axis: 3 Free/4 Back per length

Short Axis: 3 Breast/2 Fly per length; Ez Fly

### Lengthen and precise turns, 2x thru:

4 x 50 @base +:10"  
(R1-25 Fly/25 Bk) (R2-25 Br/25 Fr)  
2 x 100 IM @base +:20"  
1 x 100 Free Ez (1,000)

### 2x thru: Sprint & Early Vertical Arm @base +15"

4 x 25 Free (R2- Breaststroke) + 1 x 25 Ez Choice  
4 x 25 Backstroke (R2- Fly) + 1 x 25 Ez Choice (500)

Cool Down: 2 x 200 Pull every 4th 25 backstroke