

## Focus: Aerobic IM - Endurance

Wednesday & Thursday

### Warm Up:

300 Swim (50 Free/50 Back)

4 x 50 (6-3-6)/SLOB Kick

4 x 50 (25 fast free + 25 Ez Back) (700)

### Drill:

2x (6 x 25) R1 Breast & R2 Fly

R1: Odd Breast Kick/Even Breast DPS

R2: Odd Stone Skipper/Even Fly DPS (300)

### Aerobic IM:

2x (75 Free + 25 Fly + 75 Free) R:10"  
1 x 100 Ez Choice (450)

2x (50 Free + 25 Back + 50 Free) R:10"  
1 x 100 Ez Choice (350)

2x (25 Free + 25 Breast + 25 Free) R:10"  
1 x 100 Ez Choice (250)

6/4 x 100 - Consistent Pacing @base + 15"  
Odd 100 IM/Even 100 Free (600/400)

4x (75 Free/25 Best Non-Free) R:10" (400)