

Focus: IM Training

Friday

Warmup:

200 Swim Choice

2 x 200 (50 DPS + 50 Breast Kick + 100 IMO)

4 x 50 Kick (25 fast/25 ez-fast) (800)

Drill: 4 x 50 - Fly

25's Stoneskipper/25's RA/LA/Double (200)

IM Prep: 12/8 x (25 Free + 25 IMO) (600/400)

IM and Free:

2 x 50 Free Build @base +15"

1 x 100 IM (25's) R:20"

1 x 200 Free Pull R:30"

2 x 50 Free Build @base +15"

1 x 200 IM (50's) R:20"

1 x 200 Free Pull R:20"

2 x 50 Free Build @base +15"

1 x 300 IM (75's) R:20"

1 x 200 Free Pull (1500)