

Focus: IM Training & Transitions

Wednesday & Thursday

Warmup:

2x (100 Free + 100 N/F + 100 "SLOB" Kick) (600)

2x thru: Drills

50's Scull w/pull bouy

50's "Long Doggy Paddle"

50's "Angel Wings" (300)

IM Stroke & Transitions:

3 x 50 (25 Fly + 25 Free) R:10"

3 x 50 (25 Fly + 25 Back) R:10"

4 x 75 (25 Back +25 Br +25 Free) R:15"

1 x 300 Free Negative Split R:20"

2 x 100 (50 Back +25 Br +25 Fr) R:20"

3 x 50 (25 Back + 25 Br) R:10"

3 x 50 (25 Br + Free) R:15" (1400)

Timed:

1 x 400/200 Pull B3 - hip rotation (400/200)

Cool Down: 2 x 100 EZ Choice - scull, kick, swim