

Focus: IM Training & Transitions Wed & Thurs.

Warmup:

200 Swim Choice

4x (50 "Flow Drill" + 50 Fly Drill*)

*Fly drills - pick one:

Stoneskipper, 25's RA/LA/Double, Angel Wings

4 x 50 IMO Perfect Technique - DPS (800)

IM Stroke Transitions:

| | | |
|---------------------------------|-------|--------|
| 2 x 100 (50 Fly + 50 BK) | R:15" | |
| 1 x 100 Free | R:20" | |
| 2 x 100 (50 Br + 50 Fr) | R:15" | |
| 1 x 100 Free | R:30" | |
| 2 x 100 IM - perfect turns | R:40" | (800) |
| 2 x 75 (25 Fly + 25 Bk + 25 Br) | R:15" | |
| 1 x 100 Free | R:20" | |
| 2 x 75 (25 Bk + 25 Br +25 Fr) | R:15 | (1500) |

Bonus Option: choose one of two

#1) 2x (200 IM + 200 Pull B3) (800)

#2) 10 x 75 Backstroke (750)

Cool Down: 200 "Silent Swim"