

HAMs workout 6-27-24 IM emphasis

15 min warm up – 50% should be stroke.

Set 1

12x 25 4 Free 4 IM 4 Free All moderate 10 secs rest

Set 2

4 x100 free/ IM

Evens Free, Odds IM. Build within each 25 20 secs rest

8 x 50 (4 free, 4 (25free-25stroke IM order) 15 secs rest

3 x 100 Free/ IM

Odds IM, Even Free

Up tempo IM, easy Free. 20 secs rest

4 x 75 IM minus least fav stroke- rotate stroke order 15 secs rest

2 x 100 Free/IM 20 secs rest

Set 3 if time

2x 50 build Fly/Back, Brest Free

2x25 fast Best IM Stroke FAST

50 slow Free