

Focus: IM Training

Monday & Tuesday

Warmup: (800)

300 Free

8 x 25 Kick (25's Flutter/25's Breast) @40"

300 Pull

Drill*: 6 x 50 (25 Fly or Br + 25 Free) R:15" (300)

*Fly Drill Choice: Stoneskipper; RA/LA; "3's-2's"

*Br Drill Choice: 1-pull+2-kick; RA/LA; "3's-2's"

1x or 2x thru: (250/500)

1 x 150 Pull R:20"

4 x 25 Sprint - Fly or Breast @45"-60

IM Training: (Stroke choice on 75's) (1800)

2 x 150 Fly/Free/Back/Free/Breast/Free R:20"

4 x 75 Choice (70%, 75%, 80%, 85%) R:20"

2 x 150 Fly/Free/Back/Free/Breast/Free R:20"

4 x 75 Choice (75%, 80%, 85%, 90%) R:20"

6 x 100 (Odd 100 IM/Even 100 Free) @base +20"

Bonus:

4 x 100 Choice 2x 80%, 2x 85% @base +30"

Cool Down: 1 x 200 "Silent Swim"