



Goal: Free/IM Pace Wednesday / Thursday (10/16 & 10/17)

Warmup

300 Choice: 100 Free, 100 non-free, 100 Free

8 x 25 Drill

Odd: Shark (elbow pause) freestyle

Even: Finger & Thumb Drag

4 x 50 Kick, IM order @1:00 / 1:15 / 1:30 (700)

Main Set

(3 / 4 / 5)x Repeat:

1 x 100 Freestyle @ 1:30 / 2:00 / 2:30

1 x 100 IM @ 1:45 / 2:20 / 3:00

4 x 50 @ :45 / 1:00 / 1:15

Odd Repeats: Free

