

Warm up

1x300, 100 Swim/100 Kick/100 Choice (300)

Building to a 200 IM:

4x50s *Drill IMO*

- *Single-arm Fly*
- *6-1-6 Backstroke*
- *Skull w hands above head for Breast*
- *Rhythm Drill for Free*

4x50s *Swim Down/ Drill Back IMO (see above)*

4x50s *IMO* (900)

2x thru:

3x125 IM 2:00/2:15/2:30

50 FL/25 BK/25 BR/25 FR

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25 FL/25 BK/50 BR/25 FR

1x25 Swim EZ on :45 (1700)

2 x thru (no rest between rounds):

1x200 Negative Split 2:50/3:00/3:10

1x200 Pull 2:50/3:00/3:10

1x200 IM 3:00/3:10/3:20

(2900)

1 x 100 Cool Down (3000)