

Focus: IM Training

Friday

Warmup:

200 Free + 200 Pull

200 Kick - 25's SLOB choice / 25's Breast

4 x 50 (25 IMO + 25 Free) R:15" (800)

Fly Drill: 4 x 50 (fins?)

25's Stoneskipper/25's Ez Fly (200)

Timed: 50 Fly (50)

IMO:

1x 25's (Fly/Free/Back/Free/Breast/Free) R:20"

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

2x 25's (Fly/Free/Back/Free/Breast/Free) R:20"

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

3 x 100 IM @base +20"

1 x 100 Ez Recovery Choice

4 x 100 Choice 2x 75%, 2x 85% (1850)

Bonus:

1 x 150 Pull R:20"

4 x 25 Sprint Choice R:45" (250)

Cool Down: 3 x 100 "Silent Swim"