

Goal: 200 IM!!

Wednesday & Thursday (6/25 & 6/26)

Warmup

200 Swim

4 x 50 kick @ 1:00 / 1:10 / 1:30

16 x 25 drill, RIMO, *R:10s*:

Fr: Finger drag

Br: Fly kick

Bk: 1-arm

Fl: Bob Marley (3 large kicks, 1 pull) (600)

Main Set 1

4 x 100 IM, @ 1:45 / 2:00 / 2:15

8 x 50 IMO @ 1:00

– 100 EZ & regroup –

200 IM RACE

– 200 EZ – (1100)

Main Set 2

Rest 15s between intervals

1 x 100 Fr

1 x 125 Fr

1 x 150 Fr

1 x 175 Fr

1 x 200 Fr

... (back down to 100 Fr) (1300)

Cooldown

2 x 50 silent freestyle (200)