

## Floating IMs

## Terrible Tuesday

### Warm-Up (300 yards)

- 1x300, 100 Swim/100 Kick/100 Choice

(300)

### Drill Set “Solid Flip-Turns” (100 yards)

- 4x50s Two Strokes before breathing off wall
- 4x50s Strong dolphin kicks off wall

(700)

### Main Set 1 (1000 yards)

(2X through)

– 1x150 Free, build by 50

on 2:30/2:45/3:00

– 2x100 IMs

on 1:45/2:00/2:15

– 3x50 Free, descend 1-3

on :50/1:00/1:05

(1700)

– 1x200 Build by 50

(1900)

### Main Set 2: Floating IMs (1200 yards)

(2X through)

- 8x25s Variable Speed

on :50/:55/1:00

- 3x125s Floating IMs

on 2:20 / 2:30 / 2:40

- 50 fly, 25 back, 25 breast, 25 free

- 25 fly, 50 back, 25 breast, 25 free

- 25 fly, 25 back, 50 breast, 25 free

- 1x25 EZ

(3100)