

Goal: IM Blocks

Wednesday PM & Friday AM (6/18 & 6/20)

Warmup

200 Swim

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

4 x 50 pull @ :50 / 1:00 / 1:15 (600)

Main Set

Repeat 4x (IMO)

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

4 x 25 drill:

Butterfly: underwater recover

Backstroke: hip touch

Breaststroke: fly kick

Freestyle: catch-up

4 x 25 swim, R: 10s

2 x 50 swim, R: 15s

1 x 100 swim, R: 20s

2 x 50 swim, R: 15s

4 x 25 swim, R: 10s (2800)

Cooldown

4 x 50 silent freestyle (200)