

Focus: IM Training & Transitions

Friday

Warmup:

300 Swim – middle finger entry, finger tip drag

2x (100 SLOB Kick + 100 Br Kick) (900)

2x thru: Drills

50's "Long Doggy Paddle"

50's "Hip Tap" Backstroke

50's "Swan Dive Fly" (300)

IM Stroke & Transitions:

3 x 50 (25 Fly + 25 Free) R:10"

3 x 50 (25 Fly + 25 Back) R:10"

4 x 75 (25 Back +25 Br +25 Free) R:15"

1 x 300 Pull B3 – hip drive R:20"

2 x 100 (50 Back +25 Br +25 Fr) R:20"

3 x 50 (25 Back + 25 Br) R:10"

3 x 50 (25 Br + Free) R:15" (1400)

Fast 50's: Last 10 minutes

50's IMO + 25 Ez Choice (300-600)

Cool Down: 2 x 100 EZ Choice – scull, kick, swim