

Building IM Stamina

TERRIBLE TUESDAY: 06/03/25

Warm-Up + Drill (300 yards)

- 1 x 300 (100 swim, 100 kick, 100 choice)

(300)

Drill focus: touch turns (400 yards)

- 2x50s fly-to-back
- 2x50s back-to-breast
- 2x50s breast-to-breast
- 2x50s breast-to-free

(700)

Main Set 1: IMs Etc (1500 yards)

8x25s IMO FAST

on :30 / :40/:50

4x50s IMO 25 Drill/25 Swim

on 1:00 / 1:10 /1:20

4x75s 50 Free/25 FAST IMO

on 1:15 / 1:25 /1:35

4x100s IMO

on 2:00 / 2:15 /2:30

- 25 Swim, 25 Swim, 25 Drill, 25 Swim

4x100 IMs

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

(2200)

Main Set 2: 200 IM Breakdown (800 yards)

1 x 50 Fly

1 x 100 Fly-Back

1 x 150 Fly-Back-Breast

1 x 200 IM

(then back down starting by taking out the 50 fly)

(3000)