

Building 200 IM

Terrible Tuesday 9/2/25

Warm up

1x300, 100 Swim/100 Kick/100 Choice

(300)

Building to a 200 IM:

4x50s *Drill IMO*

- *Single-arm Fly*
- *6-1-6 Backstroke*
- *Skull w hands above head for Breast*
- *Rhythm Drill for Free*

4x50s *Swim Down/ Drill Back IMO (see above)*

4x50s *IMO*

(900)

2x thru “floating IMs”:

3x125 IM *on 2:00/2:15/2:30*

50 FL/25 BK/25 BR/25 FR

25 FL/50 BK/25 BR/25 FR

25 FL/25 BK/50 BR/25 FR

1x25 Swim EZ

on :45

(1700)

2 x thru (no rest between rounds):

1x200 Negative Split *2:50/3:00/3:10*

1x200 Pull *2:50/3:00/3:10*

1x200 IM *3:00/3:10/3:20*

(2900)

1 x 100 Cool Down

(3000)