

## IM Builds and Pyramid

## Terrible Tuesday

### Warm-Up (300 yards)

- 1x300 (100 Swim/100 Kick/100 Choice)

(300)

### Main Set 1 “IM Building” (2000 yards)

(2x through)

- |                            |                   |
|----------------------------|-------------------|
| – 4x25 Fly                 | on :30/:35/:40    |
| – 4x50 25 non-Free/25 Free | on :50/:55/1:00   |
| – 4x75 IM, non-Free        | on 1:20/1:35/1:50 |
| – 4x100 Choice             | on 1:30/1:45/2:00 |

(2300)

### Main Set 1 “IM Pyramid” (800/400 yards)

(2x or 1x through)

- |                         |                   |
|-------------------------|-------------------|
| – 1x25 Fly              | on :30/:35/:40    |
| – 1x50 Fly-Back         | on :55/1:05/1:15  |
| – 1x75 Fly-Back-Breast  | on 1:25/1:45/2:00 |
| – 1x100 IM              | on 1:35/1:45/1:55 |
| – 1x75 Back-Breast-Free | on 1:25/1:45/2:00 |
| – 1x50 Breast-Free      | on :55/1:05/1:1   |
| – 1x25 Free             | on :30/:35/:4     |

(3100/2700)

### Warmdown

2x100 EZ Choice

(3300)