

IM Training - Steady Pace

Monday

Warmup:

300 Free + 200 Kick + 100 Pull

4 x 50's *Drill Choice by 25's - see below

(Fly/Bk, Bk/Br, Br/Fr, Fly/Br) (800)

*Drill Choice: (Can also use in 125 IM)

Long Axis: 3 Free/4 Back per length

Short Axis: 3 Breast/2 Fly per length; Ez Fly

1x or 2x thru: IM Training: "Drop & Add"

4 x 125 - Drop & Add by 50's R:15"

(50 fly + 25 bk + 25 br + 25 fr; etc)

1 x 200 Free Pace R:15"

4 x 25 Non-Free Fast R:35/:40/:45

(1st rd "best", 2nd rd "2nd best") (800/1600)

1x or 2x thru:

1 x 150 Pull R:15"

4 x 25 Sprint Choice R:45" (250/500)

Cool Down: 200 "Silent Swim" streamline off walls