

## **Aerobic IM - Endurance**

Monday & Thursday

### **Warm Up:**

300 Swim (streamline turns, nose to knees)

4 x 50 Fast Kick (25 Build/25 Blast)

6 x 50 (25 Free + 25 Ez Fly) (800)

### **Drill:**

2x (6 x 25) R1-Breast & R2-Fly

R1: Odd 1P-2K/Even Breast Kick

R2: Odd "Stone Skipper"/"EZ Fly" (300)

### **Aerobic IM:**

2x (25 Fly + 50 Free + 25 Fly + 50 Free) R:15"

1 x 200 Ez Choice (500)

2x (50 Back + 50 Free + 50 Back + 50 Free) R:15"

1 x 200 Ez Choice (600)

2x (25 Br + 75 Free + 25 Br + 75 Free) R:15"

1 x 200 Ez Choice (600)

### **Choice #1) Consistent Pacing:**

4 x 100 Odd Free/Even IM @base + 15" (400)

### **Choice #2 400 IM Bonus:**

2x (50 Fly + 100 Fr + 100 Bk + 50 Br + 100 Fr)

1 x 200 Ez Choice (1000)