

## Building 100 IM

Monday & Thursday

### Warm up: (800)

300 Swim (75 Swim/25 SLOB Kick)

4 x 50: Kick (NB): Odd Back/Even Breast

1 x 100: 4 Free + 3 Doggy Paddle

4 x (25 Fly + 25 Fast Free) (800)

### Body Dolphin Drill 2x thru: Constant Flow (400)

4 x 25: 25 head lead/25 hand lead

4 x 25: Stoneskipper/EZ Fly (1200)

### Maintain IMO Pace for 50's: (800)

2 x 50 Fly/Back @:50/1:00/1:10/1:15

4 x 50 Back/Br @:40/:50/1:00/1:05

2 x 50 Breast/Fr @:45/:55/1:05/1:10

4 x 50 Free @:40/:45/:55/1:00

1 x 200 Pull R:20" (2000)

### Maintain Free Pace for 50's: (800)

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

1 x 200 Kick @4:00 (2800)

### Bonus (Re-Group - Relay?) - (500)

8 x 50 Odds Sprint IMO/Evens Free

1 x 100 EZ Choice (3300)