

IM Training

Wednesday & Thursday

Warmup: (800 yds)

400 Swim

200 Kick, NB (25's SLOB choice/25's Breast)

4 x 50 (25 IMO + 25 IMO Kick) R:15" (800)

Short Axis Drills: 6 x 50 (fins?) (400 yds)

25's Stoneskipper/25's Ez Fly

25's Quick Br Arms/25's Breast DPS descends

Timed: 50 Fly & 50 Breast (1200)

IMO: (1700/2300 yds) R:20"

1x 150/300 (Fly/Free/Back/Free/Breast/Free)

4 x 75 Choice (75%, 80%, 85%, 90%)

1x 150/300 (Fly/Free/Back/Free/Breast/Free)

4 x 75 Choice (75%, 80%, 85%, 90%)

3 x 100/200 IM @base +20"

1 x 100 Ez Recovery Choice

4 x 100 Choice 2x 75%, 2x 85% (2900/3500)

Bonus: 1x or 2x thru: (250/500 yds)

1 x 150 Pull R:20"

4 x 25 Sprint Choice R:45" (3150/4000)

Cool Down: 3 x 100 "Silent Swim"