

April IMs & 1k

3,300/2,900 yard Reverse IM (sort of) - Friday, April 10

Warm Up

200 Reverse IM

Each 50 is kick, swim x 25

Free - 600 yards 10 sec. rest

- 2 x 50 kick
- 1 x 100 pull
- 1 x 200 swim
- 1 x 100 pull
- 2 x 50 kick

Breast – 500/400 yards 10 sec. rest

- 2 x 25 kick
- 2/1 x 50 pull
- 1 x 200 swim
- 2/1 x 50 pull
- 2 x 25 kick

IM – 900/700 yards 20 sec. rest

- 1 x 100
- 1 x 200/150
- 1 x 300/200
- 1 x 200/150
- 1 x 100

Back – 500/400yards 10 sec. rest

- Same sequence as Breast

Fly - 500 yards 10 sec. rest

- 2 x 50 kick
- 2 x 50, 1 arm pull (alternate every 2 strokes)
- 1 x 100 swim
- 2 x 50, 1 arm pull
- 2 x 50 kick

Cool Down

100 kick/swim by 25