

IM Training & Transitions

Monday & Tuesday

Warmup:

200 Swim Choice

4x (50 Free Swim w/single upside down paddle/25s)

2x (50 Fly Drill* choice + 50 Fly)

*Fly drills - Stoneskipper; 25's RA/LA/Double; Angel Wings

4 x 50 IMO Transitions - Mid-Pool (800)

IM Stroke Transitions:

3/2 x 100 (50 Fly + 50 BK) R:15"

1 x 100 Free R:20"

3/2 x 100 (50 Br + 50 Fr) R:15"

1 x 100 Free R:30"

3/2 x 100 IM - perfect turns R:40" (1100/800)

4/2 x 75 (25 Fly + 25 Bk+ 25 Br) R:15"

1 x 100 Free R:20"

4/2 x 75 (25 Bk + 25 Br +25 Fr) R:15 (1800/1500)

Bonus Option: choose one of two

#1) 2x (100 IM + 200 Pull B3) (600)

#2) 4x (50 Backstroke + 25 Breast) (300)

Cool Down: 200 "Silent Swim"