

# IM Steady Pace and Good Technique

## Wednesday

### Warmup:

200 Swim Choice

2 x 50 Finger tip drag

2 x 50 Single Arm Freestyle (board?)

4 x 50's (Fly/Bk, Bk/Br, Br/Fr, Fly/Fr) (600)

### IM Steady Pace:

2 x 100 IM/NF R:20"

1 x 300/200 Fr R:15"

3 x 100 IM/NF R:20"

1 x 200/100 Free R:15"

3 x 100 IM/NF - perfect turns R:20"

1 x 400/300 Free R:15"

4 x 100 IM/NF R:20"

1 x 300/200 Free (2400/2000)

### Cool Down:

3 x 100 Choice Mix; kick, pull, scull, drill