

Middle and Rolling IMs

“Mani and TYR” Day

Warm-Up (700 yards)

- 300 Choice
- 200 Kick
- 200 Pull (700)

Preset (600 yards)

- 4 x 75 Free (middle 25 IMO) @ 1:10/1:20/1:30
- 2 x 100 Free (middle 50 IMO) @ 1:30/1:40/1:50
- 1 x 100 IM @ 1:45/2:00/2:15 (1300)

3x thru: Middle IM (1800 yards)

STROKE => Back #1 & #3, Breast #2 Rest:10s-:20s

- 2 x 50 Kick STROKE
- 1 x 100 Swim STROKE (75%-80%)
- 2 x 50 Swim STROKE (85%-95%)
- 1 x 300 Pull Choice (3100)

Bonus: Rolling IMO Choice (500-1000 yards)

Choice #1

4 x 125 Rolling IMs @ 2:10/2:20/2:30/3:00
#1)50 fly/25 bk/25 br/25 fr, #2)25 fly/50 bk/25 br/25 fr,
#3)25 fly/25 bk/50 br/25 fr, #4)25 fly/25 bk/25 br/50 fr

Choice #2

2 x 25 free
2 x 50 free/breast
2 x 75 free/breast/back
2 x 100 RIMO (3600/4100)

Cooldown: 1 x 300

