

Building 200 IM

“Terrible Tuesday”

Warm up

1x600: 200 Swim/200 Kick/200 Choice

(600)

Building to a 200 IM:

8x50s *Drill IMO*

- *1-1-1 or Single-Arm Fly*
- *6-1-6 Backstroke*
- *Skull w hands above head for Breast*
- *Catch-Up Free*

4x50s *25'sSwim/ 25's Drill IMO (see above)*

4x50s *IMO*

(1400)

2x thru “floating IMs”:

3x125 IM *on 2:00/2:15/2:30*

50 FL/25 BK/25 BR/25 FR

25 FL/50 BK/25 BR/25 FR

25 FL/25 BK/50 BR/25 FR

1x25 Swim EZ

on :45

(1800)

2 x thru (no rest between rounds):

1x200 Negative Split *2:50/3:00/3:10*

1x200 Pull *2:50/3:00/3:10*

1x200 IM *3:00/3:10/3:20*

(3000)

Cool Down: 1 x 200

(3200)