

## Rotating IM BFF

Friday 9/18/26

**Warm up** - 200 Swim 200 Kick 200 Pull 600

**Drills** R:15s 400/200

4/2 x 50 - Down- 6-1-6 drill

Back- Heads up Free – eyes & nose at water level

4/2 x 50 – Down - one-armed Butterfly

Back - Scull – at Catch Point (hold & connect)

**Set 1** - - All Moderate pace R:20s 1200/600

300/150 Pull

300/150 IM

300/150 Pull

300/150 IM

**Set 2** ---12/6 x 75 R:15s 900/450

#1- **25 Fly Build** + 50 Mod Free

#2 - 25 Free + **25 Fly Blast** + 25 Free

#3 - 50 Free + **25 Fly Fast-ish**

#4-6 – 25 **Build Back** + 50 Mod Free

25 Mod Free + 25 **Blast Back** + 25 Mod Free

50 Free + **25 Fast-ish Back**

#7-9 Same Pattern insert Breast for BFF

#10-12- All FREE same pattern as before

**Set 3 Bonus** R:20s 400/200

4 x 100/50 Broken @ 50 or 25 - 10s VERTICAL KICK

**Cool Down** - Double Arm Back and Breaststroke Kick

3500/1750