**Workin' it Wednesday** 11/18/2026

**Warm up** 200 Swim 200 Kick 200 Pull (600)

**Set 1 - Drills** R:15s (400/200)
4/2 x 50 - Odd 25 - "Teacup" – Side Kick top elbow crooked on hip, bottom arm extended in front
Even 25 - "Catch-Up"
4/2 x 50 - Odd 25 - Free with Dolphin Kick
Even 25 - Fly with Flutter Kick

**Set 2 - Inverted IMO's** Mod Pace, R:15s (1600/800)
8/4 x 125s + 75s
Last 25 of each 125 is Stroke in IM order
Then the 75 finishes the rest of the IM
Ex: 100 finish with 25 fly, then 75 back breast free
Then 100 finish with 25 back, then 75 breast free fly

**Set 3 - IM Pyramid, 1x or 2x thru:** (500/1000)
Build IM while increasing speed up the Pyramid, then, move down Pyramid deconstruct and slower pace
25 Fly
50 Fly Back
75 Fly Back Breast
100 IM Up Tempo!
100 IM (Add a couple seconds, going down)
75 Fly Back Breast
50 Fly Back
25 Fly

**Cool Down** – Ez 100