

Practice # 42 – IM Circuit (Lanes 1 & 2)

Warm Up - 400 Choice

Main Set:

Combine steps 1, 2 & 3 for complete set and repeat four times (IM round robin set)

- 1. 100 kick of theme stroke 2:30
(with or without fins)**
- 2. 5/4x50 swim :55/1:00
(descend – last one for time)**
- 3. 3x100 IM or Free 1:45/1:50
(descend – last one for time)**

**1 min rest and then repeat steps 1 , 2 & 3
(swim/kick: 1st set all Fly/Fly drill/Fly kick,
2nd set is all Bk, 3rd - Br, 4th - Fr)**

Warm down – 5 mins of relaxed swim