

Practice # 43 – IM Circuit (Lanes 1 & 2)

Warm Up - 400 Choice
- 5x100 free drills 1:50/2:00
(25 choice drill, 25 full, 25 drill, 25 full)

Main Set:

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

- 1. 6/5x50 swim :55/1:00**
- 2. 3x100 IM or Free 1:50/2:00**
(med, build, hard)

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

Warm down – 5 mins of relaxed swim