

Practice # 43 – IM Circuit (Lanes 3 & 4)

Warm Up - 400 Choice
- 4/3x100 free drills 2:10/2:30
(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. 4/5x50 swim 1:05/1:10**
- 2. 3/2x100 IM or Free 2:10/2:30**
(med, build, hard)

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

Warm down – 5 mins of relaxed swim