***IM training sets***

10x100@120

8x150@210. Mid 100 IM order.    (2200)

4x200@300  Mid 100 IM order by stroke. 3000 20x50@100. Kick Zoom. Odds fly on

bk / evens bk

10x100@200 25 under 10sec/50 sprint 10 sec/25 under

12x25@40 no brth stk count.     (5300)

5x50@55 1-3-5 sp stk no free.   ------

5x50@50 2-4 sp stk no free-----//

5x50@45 3 sp stk no free.----           X2

12x50@40 500 pace-----///

12x25@40 no brth stk count-----

**Descending IM set**

1 x 400 @ 7:00 – K/S/D/S

8 x 50 @ 55 – Fly – descend 1-4, 5-8

8 x 50 @ 50 – Back – descend 1-4, 5-8

8 x 50 @ 1:00 – Breast – descend 1-4, 5-8

8 x 50 @ 50 – Free – descend 1-4, 5-8

 \*focus on good stroke on slow ones then try to hold onto it during the fast ones.

4 Rounds of 4 x 100’s – IM order @ 1:30 (1:40 for br)

1. 75 cruise free, 25 sprint stroke

Take a minute break between rounds

1. 50 cruise free, 50 sprint stroke
2. 25 cruise free, 75 sprint stroke

100 sprint stroke

**Split up into stroke lanes for drill work:**

12 x 50 @ 1:00 Drill down/swim back with perfect stroke

 We will give you a specific drill to do

 (free: Egyptian catch, back: lane line press, br: fly kick, fly: Biondi drill)

16 x 100 – Pull with paddles @ 1:30 for free, @ 1:45 for stroke

 1-7 – Free (perceived effort – work on catch – no X)

 8-14 – your stroke or IM – NO paddles (fly does 75 fly,25 free)