

Thursday, January 25, 2024 - IM Workout

Yards	Time	Set	Interval
1100	22	Warm up: 3 x 200 swim <i>75 free, 25 back, 25 breast, 75 free</i> 4 x 75 k/d/s <i>1 each stroke IMO</i> 4 x 50 kick <i>odds: 25 fast, 25 easy</i> <i>evens: 25 easy, 25 fast</i>	R:15 1:20/1:30 1:00/1:10
800	16	Pre set (4 rounds): 2 x 50 drill (see below) 4 x 25 build 1 round each stroke IMO <i>Drills:</i> <i>Fly) 2R/2L/2B, focus on keeping hips up</i> <i>Back) 4 rotations (arms at sides)/4 strokes</i> <i>Breast) 2 kicks/1 pull, don't dive deep</i> <i>Free) Pause/Pause/Switch, work on reach</i>	:50/:55/1:00 :30/:35
1200	24	Main set: 4 x 50 Fly/Back 2 x 100 IM (@ 200 IM pace) 4 x 50 Back/Breast 2 x 100 IM (@ 200 IM pace) 4 x 50 Breast/Free 2 x 100 IM (@ 200 IM pace)	:45/:50/1:00 1:30/1:40/1:50 :45/:50/1:00 1:30/1:40/1:50 :45/:50/1:00 1:30/1:40/1:50
200	4	Warm down: 4 x 50 (25 kick, 25 swim)	1:00
3300	66		