

Thursday, February 1, 2024 - IM Workout

Yards	Time	Set	Interval
1000	18	Warm up: 300 swim 100 kick 300 FRIM 100 kick 4 x 50 negative split odds: easy/moderate evens: moderate/fast	R:20 1:00
900	20	Pre set (2 rounds): 6 x 50 Fly kick (streamline on back) 2 x 75 Free (4+ UW each wall) <i>extra :30 rest between rounds</i>	1:00/1:10/1:20 1:10/1:20/1:30
1800	36	Main set (3 rounds): 4 x 100 negative split 1 each stroke IMO 100 IM fast 50 Free sprint from push 50 easy <i>This interval includes rest between rounds</i>	1:30/1:40/1:45 1:20/1:25/1:30 1:00 3:00
200	4	Warm down: 8 x 25 easy Free 4/3/2/1 BPL	R:10
3900	78		