**Masters – Wednesday 3/29 LC IM Group**

**Warm-Up (1200)**

4 x 100 - last 15M Scull SA Scull. 4 x Vertical Fly Swims Between each 100

+

2 x 150 @ R/:20 (1 Bk/1BR)

-50 Axis Combo/50 Stroke Swim/50 Free Smooth

2 x 100 @ R/:15 (1 Bk/1 BR)

-25 Choice Drill/25 Swim/50 Kick

2 x 50 @ :10 (1 Bk/1Br)

-8 Kicks UW Fast (BK) OR 2 pull-downs (BR), Breakout & Sprint to 25M, 25 EZ

**IM SET:**

**Part 1 - (1600/2800)** **A** **B** **C**

2 x 150 (50 Fly Strong/100 Back Neg Split) 2:40 2:55 3:10

4 x 50 FR Strong :50 :55 :60

2 x 150 (50 Back Strong/100 Breast Neg Split) 2:50 3:05 3:20

4 x 50 FR Faster :55 :60 :65

2 x 150 (50 Breast Strong/100 Free Neg Split) 2:40 2:55 3:10

4 x 50 FR VERY FAST :60 :65 1:10

***100 Free EZ***

**Part 2 - Broken 400 IM w/Fins (400/3200)**

4 x 25 Fly - 2 x 50 BK - 2 x 50 BR - 2 x 50 FR (R/:10 each Break)

**Kick Set if Time**