**Wed 3/22 IM GROUP**

**Warm-Up (1000)**

400 Loosen

+

**4X (1 Round each stroke IMO)**

1 x 75 Choice Drill @ R/:15

1 x 50 Kick (Board or Back) @ R/:10

1 x 25 Swim Strong @ R/:5

**Set 1 – IM (1600/2600)**

**Part 1 - 2X:**

2 x 150 @ 2:20/2:40/2:50 (Moderate)

1. 25 Free/50 Bk/75 Breast
2. 75 BK/50 Breast/25 Free

2 x 75 Back - Neg Split + Descend 1-2 @ 1:15/1:20/1:25

2 x 50 Breast - Hold SC + Descend 1-2 @ :55/:60/:65

2 x 25 Free – Fast - Make it @ :20/:25/:30

***-Rest :60 between each round-***

**Part 2 – 2X:**

1 x 25 Fly - Hold Stroke Count @ :25/:30/:35

1 x 75 - (25 Fly Fast/50 BK Neg Split) @ 1:15/1:20/1:25

1 x 25 Breast - Hold Stroke Count @ :25/:30/:35

1 x 75 - (25 BR Fast/50 FR Neg Split) @ 1:15/1:20/1:25

***-Rest :60 between each round-***

**Set 2 – Kick w/board (400/3000)**

8 x 50 @ :60/:65/1:10

**Odds** – 25 Dolphin Kick/25 Flutter Kick Strong

**Evens** – 25 Breast Kick/25 Flutter Kick Strong

Swim Down Till Loose