**Wed 4-26 Masters – IM GROUP**

**Warm-Up (900)**

1 x 100 Free @ R/:20 – Loosen + Breath 3

4 x 50 IMO Drill @ R/:10 (Fly/BK = 25 R/25 L, BR = 1 up/1 under, Free = 3-touch)

1 x 100 Free @ R/:20 – Loosen + Breath 3

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

1 x 100 Free @ R/:20 - Loosen + Breath 3

4 x 50 IMO @ R/:10 (25 Swim IMO/25 Smooth Free)

 -Fly = 12.5 Under + DPC  -   BK = 12.5 UW + Build Tempo   -   BR = 2 Pull-downs   -   FR = 1 Breath

**IM SET 1: (1450/2350)**

25 Free Smooth @ :40 (to mid-pool)

6 x 50 Turns @ 1:05/1:10/1:15 (2 Fly/Bk,  2 Bk/br,  2 BR/FR)  - Moderate Speed + Race the turn

25 Free Smooth @ :40

1 x 200 Free IM @ 3:50/4:10/4:30

3 x 100 @ 1:50/2:00/2:10 (Build 50s, Fast 25s,  FR = Smooth)

1. 50 Fly/25 Bk/25 Free Smooth
2. 50 BK/25 BR/25 Free Smooth
3. 50 BR/25 FR/25 Free Smooth

1 x 200 Free IM Faster @ 3:50/4:10/4:30

4 x 50 @ :60/1:05/1:10 (25 IMO Dead Sprint/25 Free Smooth)

1 x 200 Free IM Fast 3:50/4:10/4:30

**4X: (800/3150)**

100 Free Strong @ 2:00

50 IMO From Blocks - ALL OUT @ :60

50 EZ @ 2:00

**Loosen**