**Wednesday 4-12 IM Group**

**Warm-Up (800)**

400 Loosen

+

8 x 50 @ R/1:10

1. Fly Drill – 1 Right/1 Both/1 Left/1 Both – no breathing on 1 arm
2. BK Build arm tempo to 25M – 25 EZ Free
3. Breastroke 1 Up/1 Under/1 Kick
4. FR Build arm tempo to 25M – 25 EZ Free

**3X: (900/1700)**

2 x 25 Fly w/ fins @ 35 (Breath 1 Down/1 Up)

***\*\*Take Off Fins @ Opposite end\*\****

2 x 100 Moderate Effort @ 2:00 (1 Bk/Br, 1 Br/FR)

2 x 25 Free w/ fins blast @ :35

***-Rest :30 between rounds***

**2X IM Pace (1200/2900)**

**50 Fly Off Blocks @ 1:10 – Opening 2IM Pace**

50 Free From Push @ :50 – Strong – Hold Low SC

**50 BK ALL OUT @ 1:10**

100 Free Strong @ 1:40 - Hold Low SC

**50 BR ALL OUT @ 1:10**

150 Free Strong @ 2:30– Hold Low SC

**50 FR ALL OUT @ 1:10**

**100 EZ Swim @ 3:00 – get out after 100 and repeat the set**

**4X w/Fins: (600/3500)**

50 @ :60 – 25 UW Fishkick on side/25 Dolphin on back with arms @ side

50 @ :60 – EZ Free

50 @ :60 - Dolphin Kick Sprint w/board

Swim Down until you feel loose