**Wednesday 5-10 IM GROUP**

**Warm-Up (1000)**

400 EZ

4 x 100 IMO @ R/:15 (75 Drill/25 Swim w/Low SC)

4 x 50 IMO @ R/:10 (35M Kick/15M Swim in 6 cycles or less)

**Part 1 (1150/2150)**

**2X: A B**

2 X 100 Free Smooth -> Low SC 1:35 1:45

1 x 150 Bk/BR/FR by 50 (Descend 1-2) 2:40 3:00

3 x 150 2:40 3:00

-Rotate 50 Strong IMO, Everything else Smooth Free

50 EZ

***-Rest 2 mins-***

**Part 2 (800/3000)**

2 x 50 Fly w/FINS - Smooth + Breath 1 Down/1 Up :60 :60

200 BK/BR Neg Split 3:40 4:10

100 Free Build 1:40 1:50

75 Fly (50 Swim DPC/25 Dolphin on back w/arms @ side) 1:30 1:40

150 Bk/BR (Build Each 75) 2:40 2:50

3 x 25 FR Sprint :40 :40

100 Smooth Free N/A N/A

**FINS (400/3400)**

4 x 100 IMO (15M Blast/35M Smooth Free Each wall) 1:45 2:00

**Warm-Down (200/3600)**

4 x 50 @ R/:10

Odds - Ascend 1-2

Evens - Double Arm Backstroke