

# IM/Stroke #1

warm up	300 S, 200 K, 100 drill	
set 1	8x75 IM rot @ :15R	red zone - fast turns
	4x50 fly @ :10R	
	6x75 free @ :15R	red zone - fast turns
	4x50 back@ :10R	
	4x75 IM rot @:15R	red zone - fast turns
	4x50 breast @ :10R	
set 2	3x200 pull @ :15R	50 free/50 no free
warm down	12x25 @ :30	odd= under h2o
		even= drill
	100 ez	

## IM/Stroke #2

warm up	400 S, 200 K	
set 1	500 IM @ :30R	
	16x25 @ :25	4 ea stroke
	50 ez @ 1:00	
	300 IM @ :30R	
	8x25 @ :20	2 ea stroke
	50 ez @ 1:00	
set 2	14x50 @ :10R	odd = mini IM - fast turns
		even = no free - fast turns
warm down	4x50 @ :05R	25 K/scull
	100 ez	

## IM/Stroke #3

warm up	300 S	
	4x75 IM rotate by 25 @ :10R	
set 1	4x250 @ :25R	odd=IM pyramid
		even= RIMO
set 2	3x[100 IM @ 1:30	
	2x75 fly/bk/br @ 1:15	
	2x25+ :15 wall kick, free sprint, @ :40]	
warm down	4x125 @ 2:00	25 under h2o, 100 drill

## IM/Stroke #4

warm up	300 swim	
set 1	4x200 P @ :10R	hyp 3/5/3/7 x 50
main set	1x250 IM pyramid @ :20R	
	2x100 S, free, DPS @ :10R	
	1x200 IM @ :15R	
	2x100 no free @ :10R	50K/50 Dr
	1x150 IM @ :10R	25/50/50/25
	2x100 worst stroke @ :10R	50K/50Dr
	1x100 IM @ :10R	
	2x100 Free @ :10R	50 Dr/50 Bu
set 2	4x75 @ :10R	25 under H2O K/ Bu/ FAST
warm down	3x100 @ :20R	75 swim/25 scull

# IM/Stroke #5

warm up	300 S	
	8x50 25K/Dr @ :10R	2 ea stroke
set 1	2x[ 4x75 no free @ 1:10	Dr/Bu/Fast x25
	1x200 IM @ 3:15]	
set 2	4x[2x50 FAST @ :40	no free
	100 DPS @ :30R]	free or back
set 3	2x200 K @ :20R	8 K under H2O off each wall
warm down	4x25 @ :30	12.5 spin drill, 12.5 ez
	200 ez	