



## IM Workout By: Coach Leslie Scott

### Warm up:

1 x 400 Swim

### Drill Technique Set:

100 IM as 25 fly drill, 25 back swim, 25 breast drill, 25 free swim

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Repeat three times

Breast and fly drills: do three strokes fly, 3 strokes breast

Back and free drills: do 8 kicks on your side, 3 strokes, 8 kicks on your side

### Main Set:

4 x 225 on 30-45 seconds rest

75 Free

75 Stroke or IM

75 Free

### Kick Set:

2 x 100 kick moderate (no fins) on 2:15

4 x 25 kick fast on :30

### Main Set Part 2:

4 x 125 on 20 – 30 seconds rest

75 Free

50 Stroke

### Kick Set Part 2:

2 x 100 kick moderate with fins on 1:45

4 x 25 kick fast on :25

**Cool down:** 200 Free

**Total:** 3,200

