



## IM Workout By: Coach Leslie Scott

### Warm up:

1 x 400 Swim

### Kick Set:

100 Kick moderate on 2:15 no fins

2 x 50 kick fast on 1:05

Repeat with fins

### Pull Set:

3 x 200 on 3:00 or 3:15, descend 1-3

75 Free

75 Stroke or IM

75 Free

### Main Set:

Four rounds

1 x 50 kick

2 x 50 25 drill/25 swim

1 x 250 swim

1<sup>st</sup> round: (50's are free) 250 is 25 fly, 50 back, 75 breast, 100 free

2<sup>nd</sup> round: (50's are breast) 250 is 50 fly, 75 back, 100 breast, 25 free

3<sup>rd</sup> round: (50's are back) 250 is 75 fly, 100 back, 25 breast, 50 free

4<sup>th</sup> round: (50's are fly) 250 is 100 fly, 25 back, 50 breast, 75 free

**Cool down:** 200 Free

**Total:** 3,200