



## Greenville Splash IM Workout Coach Leslie

**Warmup:** 200 free, 200 kick, 200 pull

**Pre-set:** 8 x 50 on 1:20 Build Freestyle  
Kick hard on wall until every send-off

### **Main Set: IM Work**

4 x 25 Fly Drill (2 right arm, 2 left arm, 2 both) on :30  
4 x 25 Fly Sprint on :40  
100 IM excellent effort  
50 easy

4 x 25 Back Drill (1 and 2- lane rope drill, 3 and 4- 6 kicks, 3 strokes) on :30  
4 x 25 Back Sprint on :40  
100 IM excellent effort  
50 easy

4 x 25 Breast Drill (1 and 2- brst arms, fly kick, 3 and 4- 1 regular stroke, 2 underwater strokes)  
on :30  
4 x 25 Breast Sprint on :40  
100 IM excellent effort  
50 easy

4 x 25 Free Drill ( 1 and 2- fingertrip drag, 3 and 4- catchup) on :30  
4 x 25 Free Sprint on :40  
100 IM excellent effort  
50 easy

**Pull Set:** 300

**Cool down:** 300

Total: 3,000