



IM Workout By: Coach Leslie Scott

Warm up:

2 x 200

1 Free, #2 IM drill

Pre-Set:

4 x 50 on 1:00

#1 Fly, #2 Back, #3 Breast 25 Drill / 25 Swim

4 Free fast

4 x 50 kick on 1:10

1-3 Descend

#4 Swim fast with fast kick

Repeat above

Main Set:

IM / Free Ladder

100 IM, 200 Fr, 200 IM, 250 Fr, 300 IM, 350 Fr, 400 IM

Rest 20 seconds between

Stroke Set:

9 x 50 on 1:00 or 1:15

3 fast, 1 easy, 2 fast, 1 easy, 1 fast, 1 easy

Cool down: 200

Total: 3, 650