

Workout of the Month - I.M.

From the SwimMAC Facebook - heartfelt thanks

10 Minute Choice Warmup

Set I

- 1 x 200 Pull @ 3:15/3:30/4:00
- 4 x 50 I.M. order Drill/Swim by 25 @ 1:00/1:00/1:15
- 2 x 150 Cruise Free with a minimum of 3 dolphin kicks per wall @ 2:00/2:15/3:00
- 8 x 25 Free build @ :30/:35/:40
- 300 Negative split @ XX cruise level

Set II

- **THIS IS A HEAVY I.M. SET.** If you are a stroker but do not want to do all I.M., substitute stroke for the distance I.M. swims.
- 4 x 25 I.M. order @ :30/:30/:40
- 1 x 100 I.M. moderate @ 1:30/1:50/2:00
- 4 x 50 I.M. order @ 1:00/1:10/1:20
- 1 x 200 I.M. @ 3:00/3:30/4:00
- 4 x 75 I.M., drop least favorite stroke @ 1:30/1:30/1:45
- 1 x 300 I.M. @ 4:40/5:15/6:00
- 4 x 100 I.M. @ 1:40/1:50/2:00
- Rest extra 1:00
- 1 x400 I.M. @ XX Good solid effort

Warmdown