

**Workout of the Month**  
**From the collection of Bob Schmitz**

**IM and negative split practice.** Times are for meters; adjust as needed.

I like this practice as it has a clear focus during the main set. The second half of each part must be faster than the first. It's hard to do but not impossible. You can swim an easy IM or stroke piece but then get faster. Next you can swim an easy free but have to swim the 2nd half faster. There is always a challenge and then a rest. I also like that the distances get less and less. As always perfect stroke throughout. Think of one stroke technique item that you need to work on for each stroke, set it up during the first 1/2 of each part and then hold it as you go faster.



200 easy swim perfect stroke

6 x 75 kick

#1, #4 25 Fly, 25 Back, 25 Breast,

#2, #5 as 25 Back, 25 Breast, 25 Free

#3, #6 as 25 Breast, 25 Free, 25 Fly

6 x 75 drill in the same pattern as above

400 free neg split on 7:00

4 x 100 IM descend on 2:00

300 Free neg split on 5:15

4 x 75 Bk/Br/Fr desc on 1:30

200 neg split on 3:30

4 x 50 non-free descend

100 neg split on 2:00

4 x 25 non-free FAST on :45

200 cool down perfect stroke