

Practice # 42 – IM Circuit (Lanes 3 & 4)

Warm Up - 400 Choice

Main Set:

Combine steps 1, 2, & 3 for complete set and repeat four times (IM round robin set)

- 1. 100 kick of theme stroke 3:00
(with or without fins)**
- 2. 4x50m Swim 1:05/1:10
(descend – last one for time)**
- 3. 3/2x100 IM or Free 2:10/2:30
(descend – last one for time)**

**(1 min rest and then repeat steps 1, 2, & 3)
(swim/kick: 1st set all Fly/Fly drill/Fly kick,
2nd set all Bk, 3rd - Br, 4th - Fr)**

Warm down – 5 mins of relaxed swim