

## **Practice # 43 – IM Circuit (Lanes 1 & 2)**

**Warm Up - 400 Choice**  
**- 5x100 free drills 1:50/2:00**  
**(25 choice drill, 25 full, 25 drill, 25 full)**

### **Main Set:**

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

- 1. 6/5x50 swim :55/1:00**
- 2. 3x100 IM or Free 1:50/2:00**  
**(med, build, hard)**

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

**Warm down – 5 mins of relaxed swim**