

2500 YARDS

C-004

Key words: IM; drills

WARM-UP

300: mixed; choice of stroke(s)

100: kick

2 x 150: drill/ stroke; easy

25 catch-up/ 25 free

25 swim with fists/ 25 free

25 finger tip drag/ 25 free

MAIN

500: build-up IM

50: fly

100: back

150: breast

200: free

(continued on back)

100: kick

500: freestyle

1 x 200 @ 60%

2 x 100 @ 70%

2 x 50 @ 80%

100: kick

400: IM parts

4 x 25: fly

4 x 25: back

4 x 25: breast

4 x 25: free

100: kick

WARM-DOWN

100: mixed; your choice of stroke(s)