

13&Over Group IMX - Workout

Create your own warmup

alternate pull, kick - drills - and perfect swimming of all 4 strokes

Stretch for 3 mins

3 x 200s - 200 IM smooth/kick - 200 IM build by 50s - 200 IM fast w/ 30 sec rest

30 sec rest

25 DAB - 4x25s kick IM order all on 30

30 sec rest

8x125s - last 50 stroke IM order (75 free build on min 50 Fast Im order on 45)

30 sec rest

25 DAB - 4x25s kick IM order all on 30

30 sec rest

8x75s - last 50 stroke IM order (75 build - 25 Fast) on 110

30 sec rest

25 DAB - 4x25s kick IM order all on 30

min rest

150s IM 50 fly build on 40 /100 fast Back on 130

50 back build on 40 /100 fast breast on 130

50 breast build on 45 /100 Fast free under min

min rest

25 DAB - 4x25s kick IM order all on 30

IM Challenge - 50 fly build 35 - 75 fast back on 110

50 back build 35 - 75 fast breast on 110

50 Breast Build 40 - 2x75 fast free on min under 45

50 Double arm back

min rest

4x50s choice on 60

(fly, back or breast, 200 goal time divided by 4 is goal 50s)

5 minutes swim down