

Workout of the Month
IM and Fast Fifties
By Frank McGrath

General warmup 500 yards

IM Set #1



3 x (4x75) (RI 20 sec)

- 25 Fly, 25 Back, 25 Breast
- 25 Back, 25 Breast, 25 Free
- 25 Breast, 25 Free, 25 Fly
- 25 Free, 25 Fly, 25 Back

IM Set #2

4 x 200 IM (30 RI) as follows:

- 50 Fly Kick, 50 Fly Swim, 50 Back K, 50 Back S
- 50 Back K, 50 Back S, 50 Breast K, 50 Breast S
- 50 Breast K, 50 Breast S, 50 Free K, 50 Free S
- 50 Free K, 50 Free S, 50 Fly K, 50 Fly S

Repeat 50s keeping all times the same at good effort:

- 10 x 50 (RI 30)
- 8 x 50 (RI 25)
- 6 x 50 (RI 20)
- 4 x 50 (RI 15)
- 2 x 50 (RI 10)

Swim down 200