

Whitewater Swimming

Advanced IM Workout #2

Warmup 1 x 800 as follows:

400 free

400 IM

200 Kick IM 4:00

200 easy free 3:00

20 x 25 IM order SPRINT:30

10 x 50 alternate 50 easy free 50 sprint stroke 1:30

300 easy

3 x 200 IM 1 on 3:00 / 1 on 2:45

3 x 200 pull 2:40

4 x 50 Fly :45

4 x 50 Back :50

4 x 50 Breast :50

4 x 50 Free :45

200 easy

4900 Yards or Meters

