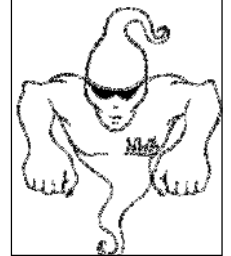




Individual Medleys



(FLY ▶ B/K ▶ B/R ▶ F/S)

3 = 3 strokes: breathe as directed

25IM = 3 FLY ▶ 6 B/K ▶ 3 B/R ▶ F/S (to 25m or 35m)

25IM: Head down .. No breath in Fly

35IM = 3 FLY ▶ 6 B/K ▶ 3 B/R ▶ F/S (to 35m or 50m)

50IM = 6 FLY ▶ 10 B/K ▶ 6 B/R ▶ F/S .. to 50m
("Bucket Turn": B/K ▶ B/R .. if swimming out and back)

100IM = 25m FLY ▶ 25m B/K ▶ 25m B/R
▶ 25m F/S

200IM = 50m FLY ▶ 50m B/K ▶ 50m B/R
▶ 50m F/S

Technique is Everything .. be sure YOU have clear water in which to swim.
An extra 5-10 seconds recovery/wait is best to ensure YOU have clear water.

Vary the technique focus (challenge) each swim,
e.g. 1st IM: work FLY & B/R
2nd IM: work B/K & F/S

Examples ... e.g. useful to include in W/U
or, as a main set

⇒ 6 x 25IM .. F/S (bilateral on 3) to 50m; rest 10-20 seconds.

OR

⇒ 8 x 50IM .. on 50 or 60 seconds.
(Change focus each swim)

OR

⇒ 2 x 100IM on 1:30, 1:45, or 2:00

200IM (Focus: FLY & B/R) .. recover 15-30 seconds

200IM (Focus: B/K & F/S) .. recover 15-30 seconds

2 x 100IM on 1:30, 1:45, or 2:00

◀ Senior Swimmers only