

Example IM Practice

Coach: Kevin Best | **Date:** 2025-09-09 | **Description:** An example IM practice that showcases the features of the set writer tool | **Units:** Yards | **Group:** A

Warmup (200 SKPS)

200 swim on 3:00 (<i>easy</i>)	200 y
200 kick on 5:00 (<i>easy</i>)	200 y
200 pull on 3:00	200 y
200 swim on 3:00	200 y

Distance: 800 y, Duration: 14:00

Pre-Set (Round 1 free, round 2 primary non-free)

2x:

4x25 BEFE on :30 (<i>Build, easy, fast, easy by 25</i>)	100 y
100 easy on 2:00 (<i>recovery</i>)	100 y

Distance: 400 y, Duration: 8:00

Main Set

3x:

4x75 rotating IM on 1:15	300 y
2x50 stroke-free on :50	100 y
2x25 easy on :30	50 y
100 IM sprint on 2:00	100 y
2x25 easy on :30	50 y
50 stroke sprint 2:00	50 y

Distance: 1950 y, Duration: 32:00

Cool Down

200 choice on 4:00	200 y
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Distance: 200 y, Duration: 4:00

WORKOUT TOTAL: 3350 Yards, 58:00

Example IM Practice

Coach: Kevin Best | **Date:** 2025-09-09 | **Description:** An example IM practice that showcases the features of the set writer tool | **Units:** Yards | **Group:** B

Warmup (200 SKPS)

200 swim on 3:00 (<i>easy</i>)	200 y
200 kick on 5:00 (<i>easy</i>)	200 y
200 pull on 3:00	200 y
200 swim on 3:00	200 y

Distance: 800 y, Duration: 14:00

Pre-Set (Round 1 free, round 2 primary non-free)

2x:

4x25 BEFE on :30 (<i>Build, easy, fast, easy by 25</i>)	100 y
100 easy on 2:00 (<i>recovery</i>)	100 y

Distance: 400 y, Duration: 8:00

Main Set

3x:

3x50 rotating IM on 1:25	150 y
2x50 stroke-free on 1:00	100 y
2x25 easy on :30	50 y
100 IM sprint on 2:00	100 y
2x25 easy on :30	50 y
50 stroke sprint 2:00	50 y

Distance: 1500 y, Duration: 30:45

Cool Down

200 choice on 4:00	200 y
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Distance: 200 y, Duration: 4:00

WORKOUT TOTAL: 2900 Yards, 56:45