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 @ 3:00 *(easy)*	200y
200 kick @ 5:00 *(easy)*	200y
200 pull @ 3:00	200y
200 swim @ 3:00	200y

Set Total: 800y

Pre-Set x2 *(Round 1 free, round 2 primary non-free)*

4x25 BEFE @ :30 *(Build, easy, fast, easy by 25)*	100y
100 easy @ 2:00 *(recovery)*	100y

Set Total: 400y

Main Set x4

4x75 rotating IM @ 1:15	300y
2x50 stroke-free @ :50	100y

Set Total: 1600y

Cool Down

200 choice @ 4:00	200y

Set Total: 200y

WORKOUT TOTAL: 3000y

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 @ 3:00 *(easy)*	200y
200 kick @ 5:00 *(easy)*	200y
200 pull @ 3:00	200y
200 swim @ 3:00	200y

Set Total: 800y

Pre-Set x2 *(Round 1 free, round 2 primary non-free)*

4x25 BEFE @ :30 *(Build, easy, fast, easy by 25)*	100y
100 easy @ 2:00 *(recovery)*	100y

Set Total: 400y

Main Set x4

3x50 rotating IM @ 1:25	150y
2x50 stroke-free @ 1:00	100y

Set Total: 1000y

Cool Down

200 choice @ 4:00	200y

Set Total: 200y

WORKOUT TOTAL: 2400y