

Vaughn's Daily Workout (2024-04-28)

Optimized Swimming: Week 10, Day 5

Warm-Up:

Distance	Interval	Drill	Intensity
200-300	-	Easy, warm up swim	1
4x50	1:00	Kick, Choice	2
4x50	0:50	Freestyle Pull	2

Choice Drills - Repeat 3 time(s).

Distance	Interval	Drill	Intensity
3x25	0:50	Choice Fly Drill	1
3x25	0:45	Choice Back Drill	2
3x25	1:00	Choice Breast Drill	2
3x25	0:45	Choice Free Drill	2
4x25	0:40	Swim, IM Order	2

Main Set - IM (Individual Medley) Mix - Repeat 1 time(s).

Distance	Interval	Drill	Intensity
4x50	1:00	Kick 25, Swim 25 (IM Order)	2
2x100	1:30	IM Swim	3
4x25	0:55	IM Drills	2
2x100	1:30	IM Swim	4

200 Cool-Down

Drills Refresher:

- **Choice Fly Drill:** Your favorite butterfly drill! Options include flow, single arm, 2-2-2, or skate drill
- **Choice Back Drill:** Your favorite backstroke drill! Options include double arm, 12 kick switch, 3 strokes 12 kicks, or backstroke catch up
- **Choice Breast Drill:** Your favorite breaststroke drill! Options include 2 kick 1 pull, streamline kick, br pull/fr kick, or breaststroke sculling
- **Choice Free Drill:** Your favorite freestyle drill! Options include freestyle catch-up, one arm freestyle, 6-kick switch, or closed fist

IM (Individual Medley) Mix Goal:

The objective of an IM mix practice is to develop versatility and proficiency across all four swimming strokes (butterfly, backstroke, breaststroke, and freestyle). This involves alternating between different strokes within a single set or workout, focusing on smooth transitions and maintaining technique consistency across each stroke.

Workout Created Using: bit.ly/swim_training