



THE IM CHALLENGE Drop time off your IM by working your weakest strokes and strengthen your muscles with dryland exercises.	2,500m Total	Improve Technique	60 Minutes	Intermediate
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Set	Exercise	Reps	Time	Instructions & Tips
Dryland	1	V-Ups 2 x 10 Reps		Laying on your back, raise your feet and arms to touch your toes
	2	Planks 2 x 2 Reps		Shift 4 times to the right, left, up, and back
	3	Medicine Ball 2 x 10 Reps		Golf throw against the wall
Warm Up	4	Individual Medley 1 x 200m		50 freestyle, 25 butterfly, 50 freestyle, 25 backstroke, 50 freestyle, 25 breaststroke
Main Set x2	5	Individual Medley Drill 1 x 100m	@ 01:30 mins	Last 10 underwater kick
	6	Individual Medley Drill 2 x 50m	@ 01:00 min	3 butterfly strokes, 4 backstroke strokes, 3 breaststroke strokes, 4 freestyle strokes
	7	Butterfly, Backstroke, Breaststroke & Freesty 4 x 25m	@ 00:30 secs	Split each 25 between surface kick and stroke
Second Set x4	8	Individual Medley 4 x 25m	@ 00:30 secs	For each round, focus on a different stroke Coach Tip: For each round of the Second Set, focus on a different stroke
	9	Stroke of Choice 4 x 50m	@ 00:50 secs	Using fins and paddles, swim at full speed Coach Tip: Not sure how to use a Tech paddles? How to use a Swim Tech paddles.
	10	Stroke of Choice 4 x 25m		Push yourself at full speed Coach Tip: Start with a dive and give it your all.
Warm Down	11	Freestyle 1 x 100m		