

# Whitewater Swimming

## Advanced IM Workout

10 x 100 25 stroke (no free) / 75 free 1:40

16 x 25 IM order :30

10 x 50 alternate 50 easy free 50 sprint stroke 1:30

300 easy

2 x 200 IM 1 on 3:00 / 1 on 2:45

4 x 50 Fly :50

4 x 50 Back :55

4 x 50 Breast 1:00

4 x 50 Free :45

10 x 50 Fly kick on back with fins 1:00

200 easy

4100 Yards or Meters

