

Goal: Short-Axis

Wednesday (10/30)

Warmup

300 Swim: 100 Free, 100 non-Free, 100 Free

8 x 25 Kick: Odds Fly, Even Breast @:30 / :40 / :50

8 x 50 Swim: R:15s

1-2: Breast w/ Flutter Kick, 3-4: Free

5-6: Breast, 7-8: Free (900)

Short-Axis:

4 x 25: Fly Drill - "Bob Marley" (3K, 1P, CHILL) R:15s

8 x 50: 25 Fly, 25 Free R:20s

4 x 25: Br Drill - Fly kick, Br arms R:15s

4 x 100: 50 Breast, 50 Free R:20s (1000)

6 x 200: R:30s

All IM -OR- Odds 200: 2x (50 Fly, 50 Free);

Evens 200: 2x (50 Breast, 50 Free) (1200)

Bonus Freestyle (steady)

1 x 50, 1 x 100, 1 x 150, 1 x 100, 1 x 50 (450)

Cool-down 100 "Silent Swim", 100 Pull, 100 Choice