

Goal: Short!

Wednesday & Thursday (9/3 & 9/4)

Warmup

400: 100 free, 100 non-free, 100 kick, 100 free (400)

Main Set

100 x 25: (2500)

Options:

- 1) *All Fr @ :30*
- 2) *Odds Fr, Evens Non-Fr @ :30 / :35*
- 3) *10 Fly, 20 Bk, 30 Br, 40 Fr @ :30 / :35*
- 4) *10 Fr, 20 Br, 30 Bk, 40 Fly @ :30 / :35*

Cooldown

4 x 50 “silent” swim (200)