

Short-Axis

Monday

Warmup

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

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

8 x 50 Drill & Swim: R:15

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

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

Short-Axis:

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

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

4 x 25: Br Pull w/Dolphin kick R:15

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

6 x 200: R:30

Odd IM - or - 200: 2x (50 Fly, 50 Free)

Even 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