**3-way name game. Capt vote Mon. Txt/email coach for absences.  
last ½ hr ?all 6 lap lanes.**

**Group 1**  
 **WU** @: 15min repeat 1-1-1  
**Br Kick** – 10min.  
**K:** 6-8 X50 Fly-Fr-Br-Fr (IM order) 5sR  
  
3.Group 1 and 2 for drill (3 joins for a few min.)  
**Back**: Talk. 25's Drill, 25's Drill/Swim   
- 8-10 x 25K (4@ 12 kick/side per arm pull, 4@6K/side) 10sR [150 / 1500] 7min  
- Flag to wall Stroke Count 7min  
8 x 50's (25 BA Dr + 25 BA) 15sR [200]  
  
flipturns  
  
Free set.  
  
   
   
8 x 25 {alt 25 swim, 25 Kick} 5 sec. [200] (4min )  
 50 top scull [50 / 250] 1.5m / (1.5min/5.5)  
 30sec. of pushups [on deck], (1min / 6.5m)  
 50 high wipers scull [ / 700] (1.5m/8m)  
 16 X 50 { alt 50 swim/50 Kick (4 non-free + 10 free); 10-15sR   
 as 1-7 + 50EZ, 9-15 + 50EZ } [800] (21min/39min)  
  
**Dives 9:15pm.**

**Group 2 and 3**  
Wave Pool Use - Rotate every 15min., Start with WarmUp  
Lane 4 – Lane 4  
Lane 5 -> Wave 1  
Lane 6 -> Wave 2

**Lane 4 -**   
16X 25: {alt 25 Swim, 25Kick; all Chc; 5sR}  
200 Kick Chc  
  
  
**Wave 1 –**  
 200 Free; 30sR  
 100 scull; 30sR  
 100 Kick Chc; 30sR  
 100 scull; 30sR  
 50 Free Build; 20sR  
 100 scull  
  
**Wave 2 –**   
50’s; 15sR { 1) 3 strokes Fly + rest as Free  
 2) 5 strokes Back + Free  
 3) 4 Strokes Breast + Free

**Group 2 - Main**  
 8 x 25 {alt 25 swim, 25 Kick } 5 sec. [200] (4min )  
 50 top scull [50 / 250] 1.5m / (1.5min/5.5)  
 30sec. of pushups [on deck], (1min / 6.5m)  
 50 high wipers scull [ / 700] (1.5m/8m)  
 16 X 50 { alt 50 swim/50 Kick (4 non-free + 10 free); 10-15sR   
 as 1-7 + 50EZ, 9-15 + 50EZ } [800] (21min/~39min)

**Group 3**

**WU** 4S-2K-1P-1IMDr (repeat until 8:15) [800]  
**K:** 10 X 50 {4 Fr +2 Fly + 4 Chc; @60 or less. no more than 5sR; } ~11min ~f8:26pm [500]

**Main 1**  
4 X (3 X 75) ~14min ~f8:45pm  
{ IM order by 1 stroke for whole 75, e.g. 1st set of 3x75 is Fly)  
(\*Fly may be 3R-3L-3Full)  
 1) 25Dr + 50sw build 10sR   
 2) 25K + 25long +25hard. 15sR   
 3) 25Dr + 25sw hard 10sR ~3.5min(set of 3)  
} [900/ 2200]  
- 45sR-

**Kick 2**  
300 straight (200 Fr + 100 Chc) [ 300/ 2500]

[[ - -15 min. left - - ]]

**Main 2**  
12 min swim ~f9:00pm [~800 // 3300]  
200K straight ~4min ~f9:05pm [200 // 3500]  
  
**Main 3**  
2 X 200 Free {alt pull/sw 20sR} ~21min ~f9:26pm []  
2 X 100 Pull/sw  
50 EZ [650 // 4150]  
If time left.. 6X 25 Dive sprints (4 IM, 2 Chc), then social kick.

Wave pool Tuesday's

ROTATIONS with Wave Pool  
Lane 4 – A ->Start Lane 4  
Lane 5 – B ->Start Wave 1  
Lane 6 – C ->Start Wave 2  
  
Stations - Rotate every 15min.  
Lane 4 –   
Wave 1 –   
Wave 2 -   
  
Station Options:  
1) Pulling  
2) Drill/Swim  
3) Kick  
4) Stroke  
5) Distance  
6) 200’s  
7) fins  
8) BP sets  
9) sculling

Group 1  
beginners

Group 2  
veterans

Group 3  
club endurance

Day 1  
Free. Flipturns  
  
Day 2  
Back. Flipturns.

Day 3  
Fly. Dives  
  
Day 4  
Breast.