**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.