Hitlist Focus: Free hand recovery

**WU** 5-1-1-1~ f8:15pm [800]

**Tech – Breast** [8:15-8:30]  
 Pull-Heels / Zip-Slam  
 3sGlide. **Front Loop for Br.  
Micro Br Set?**

**Stroke set (chc)** ~11min [8:32-8:44]  
3 X { 1) 50 Str Straight (25 Drill + 25 Str Build); 15sR  
 2) 50 Str broken (25 Fast; 10sR 25 Fast); 15sR   
 3) 50 straight (25 Str Fast + 25 Free Build; 15sR } [450]

**12min swim** [+3Brk+12+1/700// ] ~17min [8:45-9:02] **BP 50’s** [9:03-9:08]5X BP 50’s: (3-3, 3-5, 3-7, 3-5, 3-3) 5Sr; /--30sR—[250 // ]  
  
**Long Kick – 8min Kick (400) Choice (8min)** [9:08 – 9:16] //2600(Dives w/ Jennifer, Colsen, Kaia, Michael, Kate)  
  
[9:17 - ]  
Relay Dives. Sprints.  
? Sit Dive?