Hitlist Focus: Free hand recovery

**WU** 4-1-1-1~ f8:15pm [800]

**Tech Drill:** Back –[8:15-8:30]  
 walk thru. Focus – straight arm thumb first, pink enter out the side.   
Wings out.  
elbow bend for power.  
6 X 50 Dr/Sw.   
Paced 25’s

**Stroke set (chc)** ~14min [8:32-8:44]  
12 X 50 -> 4X {1 thru for each Str in IM; e.g. 50 Fly, 25 Fly+Fr  
 1) 50 Str (best technique, moderately fast)  
 2) 25 Str Build + 25 Free Long  
 3) 25 Str Fast + 25 Free Fast  
} 20sR between sets [600 // 1650]  
 **12min swim** [+3Brk+12+1/700// 2400] ~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 // 2650]  
  
**Long Kick – 8min Kick Choice – count (400)** [9:08 – 9:16] //3050(Dives w/ Jennifer, Colsen, Kaia, Michael, Kate)  
  
**6min. Pull –** Free or Breast [200 // 3250] 9:15-9:21pm  
  
[9:21 - ]  
Relay Dives. Sprints.  
? Sit Dive?