**Focus: Fly.   
Dryland: Go thru the hands and feet 2sec hold then down at the same time on floor. Then standing with the double kick.**

**WU** 5-2-1-1~ f8:15pm [900]  
**Kick Set 1.** 5sR ~12min//29min ~f8:29pm [350//1250]  
50’s Med/Fast by 25. (11min+1), alt Fr/Chc  
  
**Tech Drill:** Fly [8:28-8:43]  
- Kick timing. Holding hands and feet for 2 seconds.   
- shallow dolphin diving  
- super slow extended fly. Build. [200//1450]  
  
**Main 1:** stroke set/  
10 X 50 (4 perfect strokes of Fly + 3R+3L, the rest of the 50 is Free Build); 10sR

[500// 1950 ] 31-44 ~f8:43pm

**Free Tech** 3-4min. Hard push-offs into streamline.[~f8:48pm]  
**Main 2:** 18min. 8:45-9:03pm [1000 // 2950]  
Pull Set – 5X200 Free (Pull to Reg reversal.); 25sR  
200 Pull  
150 Pull+50Sw  
100 Pull + 100Sw  
50 Pull + 150Sw  
200Sw  
**BP Set**  
50’s { 9X50: 3-3, 3-5, 5-7; 5sR} [9:07-9:18pm] [3350]  
**Dives. 25’s** [150//3500]  
Progression. Free.  
1) Half-pool UW dolphin  
2) Breathe 2X  
3) Breathe 1X  
4) Breath 0