**Focus:Breast, Free Pace .   
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]

-------------------------------------------------------------------------------  
**Station 1 Tech Drill** *(alt 2):* **Br**  [8:30-8:43] [300//1650]  
on deck.: Standing Kickboard on back/head for line.  
accelerate the hands to highhands chin to high line stretch.  
2X 50 3sGlide;   
2x 50 2sGlide;   
1X 50 1sGlide.  
1x 50 0sGlide (on feet-click).  
-------------------------------------------------------------------------------  
**Station 2:** *(alt 3)* **16X Pace 50’s Free:**  
4X {desc 1-4 by effort;   
1-4 @ 20sR, best form.. engage early vertical forearm, pull all way thru  
5-8 @15sR, hard pushoffs into streamline  
9-12 @10sR, work faster kick  
13-16 @5sR Build.  
[800// 2450 ] 45 ~f9:00pm  
-------------------------------------------------------------------------------  
**Station 3 WaVE** *(alt 1).* 5sR ~12min//29min ~f8:29pm[450//1350]  
repeat 75’s : slow/med/fast by 25 [odds Fr/ evens chc by 75]  
-------------------------------------------------------------------------------

*---finished Stations at 9:22pm--*  
 **Main 2:** {BP Set} or {25 Dive Sprints for time} . [~s9:21pm-9:30] [700 // 3150]

[got 1 25 dive sprint for time in.]

***BP Set*** *50’s { 9X50: repeat( 3-3 , 3-5 , 5-7 ); 5sR} [9:07-9:18pm]*