**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]

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**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]
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*---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]*