**Focus: IM, long kick, BP
Dryland: 150 Butterflies**

**WU** 5-2-1-1 (or Chc again) ~ f8:15pm [900]

**Long Kick Set** 5sR ~14min//29min ~f8:309pm [600//1500]
200 Fr Kick on back, straight.
300 K Chc. Brd optional.

**Tech Drill:** Ba [8:32-8:42] [250//1750]
Double- arm. Single arm. – arm bend.
50’s.

**Main 1:** IM
4X { 50 STR; 10sR
 2X 50 – 25 STR Perfect + 25 Fr; 10sR
 100 IM; 20-30sR }
[1000// 2750] 20min ~f9:05pm

1X 25 Dive Sprint for Time + 25 EZ
--- finished here ---- [ //2800 ]

**Main 2:** BP Free 8X50:
4X {
 1) Build 50 Free, 5sR
 2) BP 50, 10sR (BP: 3-3, 5-5, 5-7, 5-5 by 50)
} [400 // 3150] ~f9:15pm

when done: scull until 9:20pm. [ 150 //3300]