**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]