**Focus: Long Free, Flipturns. Dryland: 130 Butterflies**

**WU** 3s-2k-1p-1IM/drill ~ f8:15pm [700]

**Kick Set** ~10min//26min ~f8:26pm [400//1100]  
Slow-Med-Fast by coach. 400.   
  
**Tech Drill:** Flipturns and Free. Early Vert Forearms [8:27-8:37] [50//1150]  
Big-arm in place. Hard off wall. 3 dolphins. No breath til 2nd stroke.  
Flap Downs – 10 then Normal.  
  
**Main 1:** Free Ladder Down [1500//2650]~25min ~f9:04pm  
500 Free; 45sR – Hard streamline pushoff the turns  
400 Fr Pull; 40sR – 2nd stroke turns. Long strokes.. finish!  
300 Free; 30sR – Early Vert forearms. long hand entries, outside ear  
200 Fr Pull; 30sR – finish strokes hard  
100 Fr; - work the Kick all the way   
EZ kick til stop. [100]

**End Set:** 4 X 25 Dive sprints. [ 100 // 2850 ]

---- finished here-----

**Main 2:** BP Free 8X50: ~9:07-9:18p  
4X {  
 1) Build 50 Free, 5sR  
 2) BP 50, 10sR (BP: 3-3, 5-5, 5-7, 5-5 by 50)  
} [400 // 3050] ~f9:22pm  
  
**End Set:** Dive sprints. [ 100 // 3150 ]