**WU** 4-2-1-1 ~ f8:15pm [900]

**STATION 1 : L1-2** TECH w/Dave  
vid recording / feedback

**STATION 2 : L3-4**   
repeat {  
 fins kick:   
 100 Free on front KB ok  
 100 Dolphin on back no kb  
 fins swim: 3X50 (50 Fly / 50 Free / 50 Fly ) ; 15sR @  
 }

**STATION 3 : WAVE**  
200 Br Pull (as 4 x 50;10sR – (2 to 3s Glide, hold line, High hands)  
200 scull chc  
100 Free Pull  
100 Br swim – 3sGlide, focus high lightning arms to your line  
50 Br Pull – 2s Glide  
50 Br Pull – 1s Glide  
- (kick til next “station rotation”)

**PAGE 2  
  
All Main 1:** [1400 // 3000] ~{[6minK, 16.5minS=~23min]} ~8:41p-9:03pm  
3X 50 Fly Drill/Sw ;5-10sR; ~3min  
100K Fly  
4x 50 Br Drill/Sw ;5-10sR; ~3:40min  
100K Br  
5x 50 Ba Dr/Sw ;5-10sR; ~4:15min  
100K Ba  
6x 50 Fr {1-2 full Build, 3-4 (BP 5-7), 5-6 Fast; 5-10sR}; ~5:30min  
100K Fr

OR

**All Main 1:**   
16 X 50 {alt Med 50 Perfect / Fast 50  
16@50 /16@55 /14@60 /14@1:05 /13@1:10  
 14min ~8:40-f8:55pm [800//2400]  
  
**Dive Sprint** if time.  
  
**End Set: Sharks and Minnow Lap Pool (w/Milw?) / BD Swim** [ // ]