**WU** 4-2-1-1 ~ f8:15pm [800]  
 **All Main 1:** [1300 // 2100] ~{[6minK, 16.5minS=~23min]} ~8:18p-8:41pm  
3X 50 Fly (50 Drill/Sw + 50 Sw + 50 Dr/Sw) ;5-10sR; ~3min  
100K Fly – UW no brd  
4x 50 Br : alt (50 Drill/Sw | 50 Sw) ;5-10sR; ~3:40min (high hands / lightning to line)  
100K Br – no board. 3K 1 Pull  
5x 50 Ba Dr/Sw ;5-10sR; ~4:15min  
100K Ba – no brd on back; knee check focus  
6x 50 Fr {1-2 full Build, 3-4 (BP 5-7), 5-6 Fast; 5-10sR}; ~5:30min  
100K Fr – brd optional; Build by 25  
  
**Short Tech:** Free -/(breather time) ~7min [200 // 2300] ~f8:50p  
2x { - 50 : fist free: 10 strokes fist into regular free  
 - 50 : #11 Catchup: 6 strokes drill into regular free }

**Main 2:** ~15min (~8:52p - 9:07p) [800//3100]  
10 X 50 {alt Med 50 Perfect / Fast 50  
16@50 /16@55 /14@60 /14@1:05 /13@1:10  
  
**Dive Sprints** for Breathing Pattern (9:08-9:29) [75 // ]  
2 Breaths, 1 Breath, 0.

----- finished here ------  
**Social Kick** (9:23p – 9:28p) [ 150 // 3350]  
20sec Pushups