**WU** 4-1-1-1 ~ f8:15pm [700]  
 **Kick:** [450//1150] ~11min ~f8:28pm  
150 Fr on back  
3 X 50 UW Fly; 10sR  
3 X 50 Chc; 10sR **Tech: Free** [200 // 1350] ~6min ~f8:35p4X 50 Dr/Sw (#11 catch-up, Short Dog)

**Main 1** [700 // 2050] ~12min, ~f8:50p  
14 X 50 Free: Best Interval   
at the time you miss, rest 20s, then start at +5s.  
A) @40 || @45 || @50   
B) @1:00 || @1:05 || @1:10 || @1:15

**Main 2**  
8min scull [200] ~f9p

**Dives**

2 X 25; 1X Free, 1x Chc

---- finished here ------

**Main 3**  
4 X 75 Rolling IM -> 50Str + 25 Next; 20sR   
4 X 50 Str Chc; 15sR  
6 X 50 Free BP (3-3, 3-5, 5-5, 3-7, 3-5, 3-3); 10sR