**Focus: Sprints.  
WU** 4-1-1-1 ~ f8:16pm [700]  
 **Kick Set** ~11min//26min ~f8:26pm [400//1200]  
2X50 Side Flutter by 10s.  
3x50 Side Fly by 10s  
3x50 Br. No brd

**Tech: Sprint Mode** [300 // ] ~14min ~f8:41pDolphin Free.  
Ultra Shorts – Fr, Ba, Br

**Main 1 – IM** [800 // ] ~18min ~f9p4 X 75 Rolling IM -> 50Str + 25 Next; 20sR   
4 X 50 Str Chc (not free); 15sR  
6 X 50 Free BP (3-3, 3-5, 5-5, 3-7, 3-5, 3-3); 10sR **non-cardio breather set**3-min scull ~f9:04p

**Main 2** [500 // ] ~15min, ~f8:26p  
2 X { all free Free as straight 250 each.   
 50 Sw: 25 Sprint + 25 EZ  
 50 K Build  
 100 Sw - strong  
 50 K Fast} ;20sR  
  
**Social Kick last 4min.**