**Focus: Open Turns. IM / Endurance  
WU** 4-1-1-1 ~ f4:16pm [700]  
 **Kick Set -** Dive Well. ~8min//26min ~f4:25pm [300//1000]  
 **Tech: Open Turns** [200 // 1200 ] ~13min s4:26p-~f4:41pPull the arrow to side/ eyes on target.   
Drill: Jump Knees into chest.   
Elbow – Knees rip past each other. Collapse into. Feet to “+”.  
“Drop drop”.   
Streamline.

**Main 1:** [1050 // 2250] ~20min ~4:43p-5:13pm  
200 IM Broken, @50, 10sR // 30s  
200 IM Straight, 25-30sR  
100 IM Broken, @25, 5sR ; 20sR  
100 IM Straight; 30sR  
100 Straight Fly / Back by 50; 20sR  
100 IM; 30sR  
100 Straight Br /Free by 50; 30sR  
100 IM Straight  
50 EZ

**Sharks and Minnows. Lap pool. 5:24pm**