**Focus:** Br Pullout

**WU** 4-1-1-1 ~ f8:16pm [700]  
 **Kick Set**  ~8min//26min ~f8:25pm [300//1000]  
2X { 50 Free  
 50 Fly UW  
 2 X 50 Br: 3K 1P } ; all 5sR  
 **Tech: Br Pullout** [200 // 1200 ] ~8-10min s4:26p-~f4:36p50’s : 2 X pullout + 1X pullout  
(if time: some Br arms w/flutter)

**Main 1:** [~26min] ~f9:05p  
3X { - Chc Str -  
 2 x 25 Drill; 5sR  
 4 x 50 Sw; 15sR  
 - Free -  
 2 x 25 Drill; 5sR  
 2X 50 Sw; 10sR  
 100 Sw; 15sR

**Main 2:** [1050 // 2250] ~10min ~f9:15pm  
200 Free Pull straight; 20sR  
100 Pull + 100 Sw; 20sR  
200 Free

**Sprints**