**Focus:** Back, Distance endurance

**WU** 3-2-1-1 ~ f8:16pm [700] (Wave Pool 6-2-2-2)

**Kick Set**  ~11+1min [200 / 900] ~f8:29p8 X 50 { 25 Build + 25 Fast; 10sR  
 odds) Fr on back no brd  
 evens) Chc, brd opt  
 **Tech/Drill Set – Back** ~11min [250 / 1150] ~f8:41pTech. (introduce “shotgun” barrel w/ drop back down to side)  
25’s Pace drills.

**Main 1 - stroke set** [ 700 // 1850] ~18min ~8:42p-9pm  
Stroke Set, Chc; 10sR @ 50.  
2 X { 50’s; all 15sR  
 50 Sw (25 Drill + 25 Swim Med-Fast Perfect)  
 50 Sw (25 Long + 25 Build (Long = stretched out longer but Perfect Form))  
 50 Sw (25 Build + 25 Fast)  
 50 Sw Fast  
 50 Sw (25 Build + 25 Fast)  
 50 Sw Fast  
 50 K (25 Build + 25 Fast)  
} 20-30sR between sets

**Main 2** [ 1000 // 2850] ~9:20p-9:17p [~15min]  
14 min swim. (count laps)

**Relay Dives.**