**Focus:** Back, Distance endurance

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

**Kick Set**  ~11+1min [200 / 900] ~f8:29p **Tech/Drill Set –**

**Main 1 -**

**Main 2** [ 1000 // 2850] ~9:20p-9:17p [~15min]

**Relay Dives.**