**SMWU** 300S-2-2-3x50-25 ~ f8:20pm [800]

**Kick Set**  ~9+1min [200 / 900] ~f8:30p8 X 50 { 25 Build + 25 Fast; 10sR
 odds) Fr
 evens) Chc
 **Tech/Drill Set –**~12min [250 / 1150] ~f8:42p8X50. Sprints: – Slow and Good Form 25. Fast 25.

**Main 1 - Tech + Ladder Down**
[ 700 // 1850] ~22min ~8:44p-9:06pm
Free Tech: 5min. (breathing in neutral. Finishing.)
400 Free - Strong pace. Hard Streamline pushoffs. ;45sR [8min] /13m ~f8:55p

Br Tech: snap into the line. 3min. w 2x25.
300 Pull (100Free+100Str+100Fr) ;30sR [ 6min+3min] 9min ~f9:04p

Open turns – 4min.
200 IM ; 30sR [4min] 8min, ~f9:12p

100 scull [4min] ~f9:17p

Dive Sprints from ~9:18p+