WU 3s-2k-1p-2im/dr

**Station 1 : Lane 1-2** Stetch cords

Stations til 9:05pm

9:10pm
Dives breakdown.

**Station 2: Lane 3-4**600K w/fins as (6 x 100 hard; 15sR
odd 100’s Free, evens Fly)
repeat {
 3 X 50 Sprint – District Strokes; 15sR
 50 Recover Free
}

**Station 3: Wave Pool**scull - 5X (20s All-Out + 10s EZ)
50 Pull Chc
50 K
scull - 4X (20s All-Out + 10s EZ)
100 Pull Chc
50 K
scull - 3X (20s All-Out + 10s EZ)
150 Pull Chc
50 K
scull - 2X (20s All-Out + 10s EZ)
200 Pull Chc
50 K
scull - 50 All-Out
250 Pull Chc
50 K