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