Dryland – backstroke – coordinate arm with hip.  
  
**SMWU** 3s- 2k- 2im/dr- 2-3X50 -2x25sprint – 50EZ [950] 18min max  
   
**Main 1** – Str [600 // 1550]  
3 x { 50 Str - Fast; 15sR  
 2 X 25 Str; Fast ; 5sR  
 100 IM  
}

**Tech   
flipturns, backturns  
streamline/finishes**

**Tech Br/Fly** [150 // 2350]

**BP Free 8 x 50 2X {3-3, 3-5, 5-5, 5-7}; 5sR**

**Relay Dives**

**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