**ExtSMWU** 4-5S-2K-2Dr-3x50Bld-2x25 Sprint-50EZ [1150] 22min

**K** 12x25 {alt . 25 UW hard dolphin / 25 Hard Chc} 20sR ~11m [300/1350] ~f8:01pm  
--1mR—  
2 x { 3x 50’s Desc. 1-3., use nearest 20sR. Med Hard, Hard, Harder.} ~6m [300/1650] ~f8:08pm  
--1mR--  
  
Mini Set - Sprint Drill [All]   
6 X 25 Free  
- Free w/Dolphin kicks... (1/2 x 25) + reg flutter free rest of 25; 15sR

**500 People** { DTR at the 500  
500 Fr straight; Focus - stroke finishes  
- 50 EZ + practice flip turns for 5min ~13min  
5 X 100 Fr {10sR} Focus - hard streamline pushoffs with dolphins  
- 1/2 length EZ + practice flip turns for 5min ~16min  
5 X 100 Fr {20sR} Focus - strong pace ~17min  
} /~47min [s1500/t3150]  
100 EZ  
-- join rest when done --  
  
**Everyone Else**  
2 X {Dist. Strokes; all DTR (Double Time Rest)  
2 X 100 (Desc 1-2 as Med hard/Hard) ~5.5min  
4 X 50 (all Hard ) ~5.5min   
} ~11min@ [800] /~s22min [/2450] ~f7:30pm  
  
{if on time} Diving Well Kicks ~6min./~f7:38pm   
((OR fast-med-slow called))  
  
4 X 75 Y.ourS.troke; Hard; DTR; ~8min [300/] ~f7:46pm  
4 X 50 YS; Hard; DTR; ~5.5min [200/2950] ~f7:51pm  
  
3 X Race 50’s from Dive; DTR; ~8min [3100]  
100 EZ