**\*** Wave Pool (double “regular lane yardage” amounts)  
**All Lanes WU** 6s-1k-2p-1im ~ [1000] ~20min  
On Rotations in Lanes 1-4, just keep working in the same set you are on until it’s done.  
 **When in Wave Pool  
REPEAT {  
4 X {Swim Ultra Fast 25 + Long 25 + 20sR}  
6 X {25 -> Ultra fast scull 10s + regular pull free + 15sR }**  
  **All Lanes Kick Set** 8 x 50 { 25 hard UW dolphin + 25 Hard Chc} 30sR [400/1450] ~10min/~f8:03pm  
**Set 1 : All:** 4 X 50 Sw {Build; Chc; 30sR} ~4.5min [200/1650] ~f8:06pm  
--1mR-- ~f8:07pm

**500 People** { DTR at the 500; all hard;  
500 Fr straight; Focus (harder 3rd 100 with kick)  
+50 EZ (within the DTR)  
- work flip turns for 5min ~16min  
5 X 100 Fr {10sR} Focus (hard push-offs with a dolphin or two Every turn)  
+50 EZ (within the DTR)  
- watch each-other’s hand entries for 5min ~14min  
5 X 100 Fr {20sR} Focus (no breath until into 3rd stroke Every turn) ~17min  
100 EZ -- join rest when done – (finished just in time for the Dive Well kicks yesterday)  
 /~46min [s1500/t3150]  
  
**200 People**  
3 x 200 {All Hard; DTR; focus each as:  
1) concentrate hand entry placement  
2) hard push-offs with a dolphin or two Every turn  
3) no breath until into 3rd stroke Every turn} ~16min

**100 People  
Alt (100, 2x50, 100, 2x50, 100)**  
5 X 100 Fr or 4 X 100 Str All Hard; DTR   
 1) [FR] concentrate hand entry placement || [BR] Fast to front  
 2) [FR] hard push-offs with a 2-3 dolphins Every turn || [BR] Hard push-offs with UW pullout  
 3) [FR] no breath until into 3rd stroke Every turn || [BR] Keep low on turns (face goes up)  
 4) [FR] harder 3rd 25 || [BR]   
 5) [FR]  
 50 EZ  
~ 16.5 min  
[500/s1200/2850] /~s34min/ ~t68min  
  
**50 Fr People**   
14 X 50 { DTR; All Hard;  
1-3) concentrate hand entry placement  
4-6) hard push-offs with two dolphins at turn  
7-9) no breath until into 3rd stroke off turn  
10-14) only 3 breaths on 2nd 25  
50 EZ ~ 16.5 min

**Turns - ~11min**at end of 50-200 People  
Practice open turns and flipturns for strokes you are doing.  
  
**Dives ~11min**  
pencil Dive X 3 in Dive Well - ~3min/ ~f8:40pm  
6 X 25 {Dive Blocks – break-outs} ~  
Turns  
{if on time} Diving Well Kicks ~6min./~e74min   
2 x Fr + 2 x Fly + 1 Fr + 1 Fly {20s On/ 10 sR; hands at surface. Hand above surface.}  
\*\* Relay step dives practice at end.