**SMWU** 300-500S + 150K + 2x100 Dr/Sw + 3x50 Build [700-1000] 18min **Plan:** 50 to 200 People, do 1 set, then 3min of Turns**,** then 2nd set

**K** 12 x 50 { 25 burst start + 25 burst finish } 20sR ~16min [400] /~f8:08pm
4 X 50 Sw {Build; Chc; 30sR} ~4.5min [200/1650] ~f8:13pm + --1mR-- ~f8:14pm
**Tech and Drills**

**500 People** { DTR at the 500; all hard;
500 Fr straight; Focus (hard streamline push-offs with a dolphin or two Every turn)
+50 EZ (within the DTR)
- work flip turns for 5min, (then may start another set below) ~14-15min

**200 People**
2 X 200 {All Hard; DTR; focus each as: (IM people 2nd IM as brk@50’s w/ 5sR)
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} ~11min
(( after round 1 🡪 do 1/2 of (50 People) set or 100 Main))

**50 Fr People**8 x 50’s {(Str People alt Fr/Str by 50); all Hard. 30sR} ~9min/~e8:09pm
1mR
4 X 75 Str (or Fr.P do all Fr); DTR ~8min
2 X 75 Fr; DTR ~4min
50 EZ ~2min [900/2300] /s14min/ (~22min)

**100 People**
4 X 100 {DTR – hard
1) Str – straight –> 50 Build + 50 Hard
2) Str – Dr/Sw by 25 (Sw is Hard)
3) Str – All Fr – all Hard
4) Str – Dr/Sw by 25 (Sw is Hard)
} ~12min [300/2600]
50 EZ/ ~e8:50pm
(after round 1 🡪 do 1/2 of (50 People) set) - ~11min/~23min

**Dives - Relay Exchanges / Sprints** / { Chc; } ~13min
1 x 50, 1 X 25, 3 X 25 break-outs; 50 EZ [150/2750]