Talk: Pool use conduct/rules, Meets (being there), G1 caps distribute Team Capt Vote Fri, Name game  
**Group 1 – 1st year Beginner Boot Camp  
Group 2 – Veterans returning from 9mo break  
Group 3 – Current club swimmers or Veterans who’ve been swimming** or if you can handle it :0

Hitlist: Circle swimming. Breathing. Passing. Dolphin. Free and Back  
G1 WU  
50’s 3X [S-K-P] [300]  
8 X 25 Kick/drills [200]  
8 x 25 {alt 25 swim, 25 Kick} 5 sec. [200]4min / 8min

**Freestyle:**Talk Free 5min  
8 X 25's Free {Drill 25, swim 25} [200]  
50 top scull [50 / 250] 1.5m /rt 9min +1  
20 pushups [on deck], 1min /rt 11min   
50 top wipers scull [ / 700]  
4 X 50 {alt 50 swim, 50 Kick} 12 sec [200/ 1100] 4min / 15min  
**Flip Turns** 20min+  
6 X 3-Turn 50's Free (lots of rest) [200 / 1300]

**Back**  
Talk. 25's Drill, 25's Drill/Swim  
8-10 x 25K (4@ 12 kick/side per arm pull, 4@6K/side) 10sR [150 / 1500] 7min   
Flag to wall Stroke Count 7min   
8 x 50's (25 BA Dr + 25 BA) 15sR [200 / 1900]  
100 EZ [2000]  
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**Group 1 – 1st year Beginner Boot Camp  
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Group 3 – Current club swimmers or Veterans who’ve been swimming** or if you can handle it :0 **Group 2 WU** repeat 1-1-1 **Group 3** **WU** 4-2-1 [700/16min.]   
**Kick [12min. max]:** 50’s 10 X {med 1st 25. hard 2nd 25. 1-8 IM, 9-10 chc} 5sR [500/1200]  
**Dr/Sw: [12min. max]** [400/1600]   
8X50 - IM order {25 Dr+ 25Sw (chc drill) G1-5sR or G2-10-15sR} [G2: all Fly that is Sw -> do as 3-3-3]  
------30-45sR between set rest------------------------------  
**Main 1** [~15min]  
50’s: 16X { all as 25 med + 25 fast [850/2450]  
 odds) non-Free {G1 – 10sR; G2 – 15sR  
 evens) Free {G1 – 5sR; G2 - 10sR   
------- 2-4min break (bathroom/water/etc) ------------  
**Main 2 {G1 or G2}** [~31min]  
**G1 {**5x200 Free {200Pull, 150Pull+50Sw, 100P+100S, 50P+150S, 200Sw; 20sR} [1000/3450] ~ [15min Max]  
400 K chc [/4150] ~ [9min Max]  
300+- scull || 7min Max**}**

**G2 {**4+ X100 (Free; alt Pull/noPull by 100); ~20sR ~ [9min Max]  
5+ X 50 (Free; alt Pull/noPull by 50); ~15sR ~ [6min Max]  
200+ K choice ~ [9min Max]  
300+- scull || 7min Max**}**

~14 min left. 4x 50’s dive Build + 4X 25 Dive sprints.