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: Dolphin. Diving. Back flipturns.
G1 WU 50’s 3X [S-K-P] [300] [15min]
50’s Kick [200] [6min]
8 x 25 {alt 25 swim, 25 Kick} 5 sec. [200]5min / 8min //30min

Backstroke flipturns: 10min. [~f 8:40]
Flag to wall Stroke Count

Dives: 15+min. [~s8:40~f 8:55]

Sculling: Intro and go.

50 top scull [50 / 250] 1.5m /rt 9min +1
50 top wipers scull [ / 700]

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 2 WU** repeat 2s-1k-1p-1im **Group 3** **WU** 4s-2k-1p-1im [700/16min.]
**Stations: *Each Pool: 10min (+1min transition)*Round 1:** WAVE
Kick 7min Free, 3min Fly; as continuous as possible. No more than 10sR/100
 LAP – Free: Ladder Down + Ladder Up
 Swim Free: 200 medium 30sR, 150 Med Hard 25sR, 100 Med 20sR Harder, 50 Fast 20sR (then repeat starting at the 50 and work Up) **Round 2: 10min (+1min transition)** WAVE
scull: Chc of scull/go at least 4 lengths keeping at any one scull type:
top, bottom, mid, high wipers, on back feet first high, on back feet first low
 LAP
Swim 8 min.: repeat 50’s (3x Free Build, 1x Str Focus technique); 10sR;
Kick 3min. continuous, Chc

**9pm: All lanes in LAP pool**

10min:
Free: repeat BP 50’s: (3-3, 3-5, 3-7, 5-5)

**9:10pm: Dives ALL**