**Fri Dec 2 – HOME, Silverton, Dismiss 2pm, Bus 2:15pm;
Water bottles, 3-Way Name Game
Focus: Br.**

**(GROUP 1)**
**WU** 300S-100K-100S repeat [500] f8:15pm
**K.** 6-8 X 50; 10sR {2 Fr, 2 Fly, 2 Br; 2 Fr} 10min/25min [300/600] f8:25pm

8min. BR arms and swim [~f8:33p]

Tech – ALL – Br (start 8:34pm) – 15min

**Main Set 1** :// s8:49p ~10min
18 X 25 as Str/Fr IM order; 5sR
 { 25 Fly + 25 Fr (fly as 2Full + 4R + 4L)
 25 Ba + 25 Fr
 25 Br + 25 Fr }
**Dives**. ~15min ~s8:53-f9:08

**Main Set 2**
6 X 50 Fr; 10sR } [300]
300K choice

**(GROUP 2)
WU** 300S-200K-100P-100S ~16min [700]
K. 8 X 50 {2Fr, 2 Fly, 2 Fr, 1 Br, 1|2 Chc; 5sR} ~f 8:28p [400/1100]
Sw: 4+ X 50 Build Free; 10sR ~f8:33p

Tech – ALL – Br (start 8:34pm) – 15min

**Drill Set 1** (start 8:50pm)
16 X 25 as 4 sets of 4 :
 { 4 X 25 alt Dr/Sw/Dr/K by 25; 5sR; up to 20sR between set of 4:
 1-4) Fly (Drill = 3Full-3Right-3Left)
 5-8) Ba (Drill = 5R-5L-5regular)
 9-12) Br (Drill = 3sec Glide (feet finish before hands separate)
 13-16) Fr (Full Catch-up OR 5sec-Switch)
} ~8min/ ~59min ~f8:59pm [800/2300]

**Main Set 1 \*\***
 6 X {25 Chc Str(non-free) 5sR + 50 Fr 15sR} ~12min/~f9:12pm [450/2750]

**Main Set 2**
4X (50K hard+50scull; 15sR@100) [400/3100] ~9min/~f9:20pm

**Dives** ~s9:20pm**(GROUP 3)**
**WU** 400S as (200 Free + 4x50 Fr w/ 5s Handstand at start) – 200K – 100 Pull – 100 IM Drill (if time) [800] stop 15min (8:15pm)+45s

**K** 12X50 {alt Br/Chc by 50; 5sR } [600/1300]~13min (start 8:16, ~f8:29pm)
**Sw:** 3x50 Fr Build; 10sR [150//1450]
 **start 8:34pm: Tech:** Breast – ALL – 15min.

**Drill Set 1** (~start8:50pm)
16 X 50 {All-- alt Dr/Sw by 25…eg.25 Dr+25 Sw); 10sR @50;
 1-4 Fly –Drills: (4R-4L 1st 25 + 2R-2L-4Full 2nd 25)
 5-8 Ba (4R-4L)
 9-12 Br (3sec Glide (feet finish before hands separate!)/ alt with 3Kick + 1 Pull)
 13-16 Fr (Full Catch-up; alt with Fists only)
} ~18min/ ~44min ~f9:08pm [800/2450]

*-- quick bathroom break if needed – 3min.--*
**Main Set 2** Big Ladder Down(go until end/stop)
500 Free; // up to 60sR til next set, stretch; // [~8min]
(if time:
5 X 100 Free; 20sR@; ~7min [3450]
**END Set**
Dives sprint 25’s last 10’ish min. [100 // 3550]

400 IM K straight; / 30-45sR //~8min
4X 100 IM; 15sR@; (fly may be 3-3-3) /~7min // *[rt32min]*
50EZ // *[~rt30min]*200 Free; 45sR
4X50 Free; 10sR@; // *~rt39min*
200 IM (fly may be 3-3-3); 45sR // *rt42min*
4x50 IM order; 15sR@ // *rt46min*
50EZ // *rt48min*
100 Free; 30s
4X25 Free sprint; 10sR@ // *~52min*
100 IM (fly may be 3-3-3); @30sR
4x25 Str sprint (IM order) (fly may be 3-3-3)