**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)