**Fri Dec 5, AWAY Meet Silverton, Starts 4pm. No practice Thr-Fri, Wed practice is dryland weight rm 3:30-4:45pm.Order Suits! New caps in 4 weeks’ish (later Dec.)**  
**8:00 – 8:15 WU** 500S-200K-100P-100 IM/Drill [900] ~15min  
Wave pool wu, just double the number lengths.. e.g 500=40 “lengths”  
  
**8:15 – 9:00 Stations;** 15min each. Swap Lane 1 and 6.  
**Station 1:**

1. 10min Swim – count and record:
2. 3-4min break for recording down.

**Station 2: Lane 3-4** - Fins  
Kicking; Continuous 75’s: alt: 75 Free / 75 Fly; 15sR  
\* work them hard best you can. Destroy your legs :)

**Station 3: Wave Pool** - Pull + scull  
continuous: {

- 16 lengths Hard Free Pull 15sR;

* 16 lengths choice scull; 20sR
* 2 lengths Free stretch out; 5sR
* 2 lengths 50 choice scull; 10sR }

**9:00 – 9:03 Break.**  
**9:05 – ~9:22 Timed Sprints**  
2x50 Sprints Free, 2x Timed 25 Sprints Free,+ …