**Fri Dec 5, AWAY Meet Silverton, Starts 4pm. Order Suits! New caps in later Dec.**  
**8:00 – 8:15 WU** 500S-100K-100P-100 IM/Drill [800] ~15min  
  
**Kick Set+** 50’s; 10sR; no brd, on back, hands at side. (G1: 1x) [12min~f8:33p / 500 // 1300]  
2X 50 flutter- 10s Side switch (G1: 1x)  
2X 50 flutter – 5s side switch   
2x 50 (25 3s side switch + 25 sw Back)  
2x 50(4x 3s side switches (1/2 25 Dr + rest of 50 sw Back)  
2x 50 Sw Back; focus hips for body rotation  
  
**Main 1)** [12min / 800 // 2100] - 100’s Descender Challenge [~s8:36-:48]  
start at 2:00, 10s drop til 1:30, then 5s drop til last swimmer   
\*at the miss: just 100’s free with 20sR  
1) 2:00 :00 F: long strokes  
2) 1:50 :50 F: flip turns hard pushoffs

3) 1:40 :30 F: flipturns no breath til 2nd stroke off wall  
4) 1:30 :00 F: finish strokes  
5) 1:25 :25 F: more kick  
6) 1:20 :45 F: finish strokes harder  
7) 1:15 :00 F: all the above  
8) 1:10 :10 F: all the above

**Stroke Focus** – Back Pacer 25’s [8:50-8:57 / 200 // 2300]  
 8X 25 Coach Pace  
**Relay Exchanges** 8:59p~9:15p  
**Sprints for Time**: 50’s (3 at a time, 6s apart)