**Tue Dec 5, Meet. bus 2p WU 3, Meet start 4p-6p, Order Suits,  
NOTES: Relay Exchanges. Start whistle Walk-thru***Day 8 Dryland only.*(**Lane 1-4, Wave Pool 1-2) 8p-9p. (Lane 1-6) 9p-9:30p**  
**8:00 – 8:15 WU** 300S-200K-200P-100 IM/Drill [800] ~15min  
  
  
  
**Station 1: Lane 1-2** Tech - Br  
underwater pull-out  
timing. Hands-heels, explode-slam

**Dives and Relay Dives.** w/ Meet Start walk-thru

9:10pm-9:25pm  
Relay Dives – Stroke. :9:10-9:20p  
  
Stroke Dive 50’s for time. Record (on deck people record your swimmer).

**Station 2: Lane 3-4** - Distance + Fins

1. 500 Free Timed and Record.
2. continuous fin kick – alt Free/Fly by 100; 10sR (work the kick hard:

Flutter=push the fins past each other

Dolphin=push the Up Beat AND Down Beat)

**Station 3: Wave Pool**   
All Sculling (with PB) – minimum 8 “lengths” (“200”) at a time any one specific scull type. May switch after each set of 8 lengths.up to 30 sec rest between “200”s. Breast no-legs is an option too.