**Tue Dec 5, Meet. bus 2p WU 3, Meet start 4p, (dress WARM). Order Suits, Goals on Website, Silverton Pool address on team website**  
Hitlist Focus: Dist Free and Br Kick, Timed Sprints

**WU** ~ f8:15pm [800] 4-2-1-1

**Kick Set 1.** (12min max)   
- 6min Flutter on Ba. (150 kickboard knee check +150 streamline)  
- Coach Paced Wall Kick Br. – All Lane 1 Wall.  
- 4X50 Br Kick; 10sR  
 [500//1300]  
  
**Tech Drill:** Free. Finishing Strokes [8:28-8:38]  
3x 50 Drill/Swim: Long Dog.   
4 X 50 Fr Build.; 10sR [350//1650]   
  
**Main 1:** 12 min swim – Free, non-stop 8:42-8:54pm [800 // 2450]  
  
**Mini:** 6X BP 50’s: (3-3, 3-5, 3-7, 5-7, 7-5, 7-3;) 5sR; /--30sR—[300] ~f9:04  
6 x 50 Str/Free –; 5Sr [300 // 3050 ] 9:05 - 9:12pm  
**3 X 50 Str (Non-Free) Sprint. Timed/Record  
  
Relays?**