Hitlist Focus: Free hand recovery

**WU** 4-2-1-1~ f4:45pm [900: 15min] **KICK** [10/37]  
Dive Well Vertical if available (WED dive well open also)

**TECH Mini** [10//47]  
Open Turns **Main - 50 Free Challenge:** [16min // 64] 1000  
**(20x50 on :40)** 14min; at Miss, flat 10sR

**:50’s on 1:10 – 12x  
:50’s on 1:00 – 14x  
:50’s on :50 – 16x  
:50’s on :40 – 20x**

**Tech Dr/Sw** [10 // 75]  
Meet Dive Start Walk-Thru  
  
**Sprints** [8 // 75]1x 50 Chc Stroke – 3 at time  
1x 25 if time – 2 at a time for time (called only) **FUN [8]**

**WU 15  
KICK 12/37  
Mini Tech 8//47  
Main 18min // 65  
Tech Dr/Sw 15 // 80  
FUN 10**

**STATIONS  
Lane 1-2 Tech Free**Free – thumb drag.  
(( head position if time ))  
Clock Set 50’s. Free XOR   
 6 X 50 Free - desc by effort Med as perfect/Fast/Fastest

**Lane 3-4** 12 X 50 Swim {   
 odds) 25 Build Stroke + 25 Medium Free  
 evens) 25 Build Free + 25 FAST Free

**Wave Pool**16 X “50” Kick { All no brd.; 5-10sR  
 - odd 50’s Fr / evens chc  
 - # 1-8: 25 Sprint + 25 Med  
 - # 9-16: 25 Med + 25 Sprint

} if time left => choice scull

**Mini:** 5X BP 50’s: (3-3, 3-5, 3-7, 3-5, 3-3;) 5Sr; /--30sR--  
5 x 50 Free – 25 Long 25 Fast; 5Sr [500 // 2900 ] 9:01 - 9:14pm **6min. Pull –** Free or Breast [200 // 3100] 9:15-9:21pm  
**Dives and Sprints** [75 // 3075]  
25’s for Time. Need 10min.  
(Katy, Colsen, Kaia, Michael, Kate) **Sit-down Relay?**

**Lane 1-2 Tech Free w/ Dave**Free – thumb drag. (hand/shoulder recovery positioning)  
(( head position if time ))  
Clock Set 50’s. Free XOR   
 6 X 50 Free - desc by effort Med as perfect/Fast/Fastest

**Lane 3-4** 12 X 50 Swim {   
 odds) 25 Build Stroke + 25 Medium Free  
 evens) 25 Build Free + 25 FAST Free

**Wave Pool**16 X “50” Kick { All no brd.; 5-10sR  
 - odd 50’s Fr / evens chc  
 - # 1-8: 25 Sprint + 25 Med  
 - # 9-16: 25 Med + 25 Sprint

} if time left => choice scull