Hitlist Focus: SMWU, Turns, Indi Dives, Timed Sprint

**SMWU** ~ f8:20pm [900]  
Dives Sprints.

**Tech Drill:** [8:21-8:42] [250//1450]  
Flipturns.   
Open Turns.  
Finishes. 2-handed vs Free/Back  
Streamline push-offs  
Stroke Rules.  
Pace work. (ultra short)  
  
**Drill Set 1:** [ // ] ~14min ~8:44p-8:58pm  
 8x 50 Dr/Sw by 25; IM order; 10sR  
 The swim is Build.  
  
**Main 1** ~9p-f9:13pm  
9X 50 rolling IM’s; 10sR  
Fly/Ba  
Ba/Br  
Br/Fr

**Dives and Sprints** [75 // 3075]  
25’s for Time. Need 10min. **Relay Dives  
Sit-down Relay?**