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?**