Hitlist Focus: Free hand recovery

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

**Kick 1:** 20x25 All Hard, All Flutter on the :30, or 5sR, [stop at 10min.]

**Tech** [9min] incl Dr/Sw] ~f8:36  
Free / Focus-> finish long straight behind w/body roll/straight arm swing recover/long reach for drop in front (watch the arm/hand rolling too soon! Anna and others)

5x50 Dr/Sw Free  
  
**Kick 2:** 16X25 All Fly (for Br slam Down beat, and Fly Up and Down do 360 Qtr roll by 25); 5sR [~8min f8:45]

Main 1) 8X100; 25sR [13min f8:59p]  
odds) pull hard. Evens) swim descend by 25 (med-fast-faster-fasterer);

**Kick 3:** 8 x 25) Br – 1-4) kick for distance/count; 5-8) 3s, 2s, 1s, 1s ~f9:07  
**Tech – Breast** [9:08] talk 2min / ~f9:17  
 Arms – one motion start and end to the front.  
1) 50 arms only with PB 2)arms only No PB  
Pull-Heels / Zip-Slam  
 3)3sG +2sG 4)1sG   
 **BP Free 50s til 9:21pm  
  
Dive Sprints: 25’s for Time.**

**Stroke set (chc)** ~11min [8:32-8:44]  
3 X { 1) 50 Str Straight (25 Drill + 25 Str Build); 15sR  
 2) 50 Str broken (25 Fast; 10sR 25 Fast); 15sR   
 3) 50 straight (25 Str Fast + 25 Free Build; 15sR } [450]

**12min swim** [+3Brk+12+1/700// ] ~17min [8:45-9:02] **BP 50’s** [9:03-9:08]5X BP 50’s: (3-3, 3-5, 3-7, 3-5, 3-3) 5Sr; /--30sR—[250 // ]  
  
**Long Kick – 8min Kick (400) Choice (8min)** [9:08 – 9:16] //2600(Dives w/ Jennifer, Colsen, Kaia, Michael, Kate)  
  
[9:17 - ]  
Relay Dives. Sprints.  
? Sit Dive?