Hitlist Breast;

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

**Kick 1:** 10x50 All Hard, All Flutter on the 1:10 or better, or 5-10sR, [stop at 11min ~8:27.] [500// 1300]

**Tech – Breast** [12min] incl Dr/Sw] 8:27-~f8:39 [200 //1500]  
 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

Hand motion  
Kick Timing

**Main 1)** Stroke / Free ~11min ~f8:51p [500 //2000 ]  
 5X100: Stroke to Free Reversal  
  
**Kick 2)** 8X50 Dolphin; no brd; 5sR – 9min 8:52-9:01p [400 //2400]

**Main 2)** 10x50’s: odds: Str / evens: Free; 10sR ~s9:03-9:14 [500 //2900]  
  
**Kick 3) Br Kick ::** 4x25 Count for Distance 3x50 hold/snap; 10sR [250//3150] ~s9:16-9:22p  
  
**Scull:** 7min

**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?