Hitlist Fly/Ba; Harder set; Sprint 25’s for time at end – 9:20p

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

**Kick 1:** 10x50 odds Fly/ evens Chc, [stop at 11min ~8:27.] [500// 1300]

**Tech – Fly** [8min] incl Dr/Sw] 8:27-~f8:39 [100 //1400]  
 Arms – one motion start and end to the front.  
Kick Timing.. 2 beats per cycle.  
  
**Fly Set:** 10X 50’s: 25 Fly + 25 Fr; 10sR [500 //1900] ~8min+2  
  
**Tech/Drill – Back** [8min ~f8:52p] – body roll. 1-2X Dr/Sw with 5s side switch kicking.   
arm wrestle baseball finish – 1-arm, 4R-4L

**Back Set:**  
2x {200 Back, 150 Free, 100 Ba, 50 Free; 30-20-15sR} [1000 // 10min ~f9:03p]

**Main Free)** 12min Swim: count distance. [850] ~f9:16pm  
  
 **BP 50’s;** 3BrthRst – 5min {3-3, 3-5, 5-5, 5-7}  
 **~9:21p Dive Sprints – 25’s for Time**