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

**WU** 4-2-1-1 ~ f8:15pm [800]  
  
**K:** 12x50 {3X @ stroke; 5sR} ~13min. [600// 1400] ~f8:28p  
--- 3 min brk ---

**All Main 1:** [1600 // 3000] ~{[6minK, 33minS=~39min]} ~8:31p-9:10pm  
50’s Fly/Ba/Br:: Odds: Drill/Sw ; Evens Swim  
6X 50 Fly ;10-15sR; ~7.5min  
100K Fly – UW no brd ~2.5min  
6x 50 Br : 10sR; ~8min (high hands / lightning to line)  
100K Br – no board. 3K 1 Pull OR on back ~2.5min  
6x 50 Ba : 5-10sR; ~8min  
100K Ba – no brd on back; knee check focus ~2.5min  
\*6x 50 Fr {1-2 full Build, 3-4 (BP 5-7, 5-6), 2x Fast; 5-10sR}; ~6min  
100K Fr – brd optional; Build by 25 ~2.5min  
  
**Main 2 w/Drill:** 50’s Free; 5-10sR ~11min [450 // 3450] ~f9:22p  
3x { - 50 Drill 1. fist free: 10 strokes fist into regular free (@25)  
 2. Catchup with Wing Finishes: 6 strokes drill into regular free(@25)  
 3. Long dos with Wing Finishes: 6 strokes drill into regular free(@25)  
 - 50 Medium Perfect  
 - 50 Fast }

**Dive Sprints** for Breathing Pattern (9:08-9:29) [75 // ]  
2 Breaths, 1 Breath, 0….

30sec Pushups