**WU** 4-1-1-1 ~ f8:16pm [700]
**Lane 1-2: Tech w/Dave** Free/Fly – thumb drag. Hand position entrance. Early Vertical
50’s.
 **Lane 3-4: Kick/Swim** (have fins with you)
 -- {breaststrokers start w/ Dolphin (2), then (3), (1) }(1) 200 Fast Flutter w/fins. (up to 15sR)
 100 Free Fast. No fins. (20sR)
(2) 200 Hard Dolphin Kick w/fins (15-20sR)
 2X 50 Fly (1 with fins, 1 without) (15sR)
(3) 4x25 Br Kick - Distance/kick (e.g. count kicks/length efficiency); 5sR
 4x25 Br Kick – 1sGlide; 5sR
 100 Br swim

**Wave Pool: Sculling** (keep up best pace possible)“400” scull straight. 30sR
“200” scull; 20sR
“100” scull; 15sR
“50” scull
If finish.. then relax kick on back til time.

 **Lane 1-2: Tech w/Dave** Free/Fly – thumb drag. Hand position entrance. Early Vertical
50’s.

**9p**4X {
 50 FAST Swim Str; 5sR
 25 EZ Free ;10sR
 50 FAST Free
 25 EZ Free; 10sR }

**BP set if time

9:22p Sharks and Minnows. Main Pool?**