**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?**