Hitlist; Free, LD;

**WU** 4-1-2-1 ~ f8:15pm [800]  
**K:** 8x50 {odds Fr/ evens Chc; 5sR} ~9min. [400// 1200] ~f8:25p

**Mini-Tech** Reminder –Free: wings to front – [5min]  
2x50 Dr/Sw **Main 1:** Free [800 // 2000] ~14min ~8:31p-8:47pm  
75) 25 Medium Perfect Free + 50 Build Free; 15sR  
75) 25 Build Free + 50 Fast; 15sR  
75) 25 Build Free + 50 Fast; 15sR  
75) 75 Fast; 15sR  
100 Free Medium (Perfect); 20sR  
100 Free Fast; 20sR  
100 Free Build by 25; 20sR  
100 Free Fast; (watch time)  
100 Free Fast; (watch time)  
*--- Break 2-3min---*

**Main 2)** 12 min swim [800 //2800 13 min] 8:50-9:03  
**Main 3) Str/Free** 50’s ; 5-10sR ~15min [900 // 3600] ~f9:20p  
3 X { 1st) Str; 15sR 2nd) Free; 10sR 3rd)Str; 15sR  
 50 Dr  
 50 Build (Best Technique Focus)  
 2 X 50 Swim Fast  
 50 K. Fast  
 50 Sw Fast }  
**Dives** (Sprints or Relays…) ~8min or less to 9:30p