Hitlist: Back, Long Free

**WU** 5-1-1-1 ~ f4:45pm [800] ; - - - Race 1/ free - - -  
**K:** 8x50 {odds Free/ evens Chc; 5sR} ~9min. [400// 1300] ~f4:56p

**Tech: Back** – 7min [100 / 1400] ~4:57-5:04p  
double-arm for the UW elbow bend  
then 4R 4L  
 **Main 1:** Stroke [800 // 2200] ~14min ~s5:06-5:20p  
12 X 50; 10sR {  
1-6) All Str;   
7-12) 25 Str Fast/25 Fr Med }

200 Kick when done til stop [ // 2400] ~f5:22p

**Main 2)**  All Free [1600 // 4000 23 min] ~5:23p-5:46p  
500 Free; 45sR  
2x 200 Fr Pull; 35sR  
300 Free; 35sR  
2x 100 Pull; 25sR  
100 Free; 25sR  
100 Drop Pull at 50 then sprint  
  
**Dives** (Races/Sprints/Relays…) ~ 5:50p {25 Race #2?Fly}