**WU** 3-2-1-2 ~ f8:15pm [800]   
**STATIONS** –(13min+~2min switch) **Lane 1-2) free**500 Free  
8X 50 BP: 2x (3-3, 3-5, 3-7, 5-5) **Lane 3-4) Kick w/fins** [~700-900]200 flutter on front no brd; 20sR  
200 dolphin UW on front no brd; 20sR  
200 flutter on ba no brd; 20sR  
200 dolphin on ba no brd; 20sR  
200 Br (kick, no fins), brd optional  
 **Wave Pool) sculling**repeats : { 300 scull  
 50 swim chc EZ }  
9:11pm:  
1x 100 Timed from Dive, choose 2 different strokes (3 at a time)  
2x 50 Timed Dive Sprints, 1x each stroke  
2x 25 Timed Dive Sprint, 1x each stroke