Hitlist Fly; Open Turns; Relay Start; 2 minor hard sets; Dive Sprint 25’s for time at end

**SMWU** 3-4S 1K 1-2 Dr/Sw 2-3x50 Build 2x 25 Sprint 50 EZ ~ f8:20pm [900]

**Kick 1:** 8x50 odds Fly/ evens Chc, [stop at 9min max ~8:30.] [400//1300]  
  
**Tech/Drill** Open Turns ~8min ~8:30-8:44p  
4x 3-turn 50s Str-Fr-Str-Fr [~6min]  
  
**Main: 5x 100 Free**  [~8min] ~8:46-8:54p  
5x @1:30 (1-1:10) 5x@1:40 (1:11-20) 4x @1:50 (1:20-30)   
4x @2:00 (1:30-40) 4x @2:10 (1:40-50)   
*[[[ @1:40 (-20s) @1:50 (-10s) @2:10 (+10s) ]]]*  
  
**Tech – Fly** [6min] incl Dr/Sw] 8:27-~f8:39 [100 //1400] 8:55-9:01p  
 Arms – connect the front. Big Kick

**--- didn’t get to ---  
Main 2) 9x 50 Fly/Str/Fr** [ 9min] 9:03-9:13p  
3x {50 Fly; 15sR / 50 Chc Str; 15sR / 1x 50 Free; 10sR }

**Relays** 9:14p-9:20p  
 **Dive Sprints – 25’s for Time** ~9:21p