**11/18/2013 - Day 1**Talk: Pool use conduct/rules, Meets (being there), caps $10 (pay bookkeeper), suits order  
practice cap(1.50latex/4.50silicone), Name game  
Dryland: flipturns, planks

Circle swimming. Breathing. Passing.  
WU  
50’s 3X [S-K-P] [300]  
8 X 25 Kick/drills [200]  
8 x 25 {alt 25 swim, 25 Kick} 5 sec. [200]4min / 8min

Front loops, Hand Stands, SGS, Swimmer Stop, V-Start, (V-Dive on Tues)

**Freestyle:**Talk Free 5min  
8 X 25's Free {Drill 25, swim 25} [200]  
50 top scull [50 / 250] 1.5m / 9min +1  
20 pushups [on deck], 1min / 11min   
50 top wipers scull [ / 700]  
4 X 50 {alt 50 swim, 50 Kick} 12 sec [200/ 1100] 4min / 15min  
**Flip Turns** 20min+  
6 X 3-Turn 50's Free (lots of rest) [200 / 1300]

**Back**  
Talk. 25's Drill, 25's Drill/Swim  
8-10 x 25K (4@ 12 kick/side per arm pull, 4@6K/side) 10sR [150 / 1500] 7min   
Flag to wall Stroke Count 7min   
8 x 50's (25 BA Dr + 25 BA) 15sR [200 / 1900]  
100 EZ [2000]  
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**11/18/2013 Day 1: Group 3**  
**WU** 4-2-1 [700] {go over some of the New Exp Drills}  
**K:** 50’s 8 X {1-4 hard 1st 25. 5-8 hard 2nd 25.} [400/1100]  
**Dr/Sw:**  
8X50 {25 Dr+25Sw (chc drill) 5sR} [400/1500]  
45sR  
**Main 1**  
50’s: 16X {   
1-8: Str 50 (25 Med/25 Fast) 2@ Str/ IM order; 5sR:: 30sR  
9-16: 25Str Fast, 25 Med Fr; 5sR}  
50 EZ [850/2350]  
**Main 2**  
5x200 Free {200Pull, 150Pull+50Sw, 100P+100S, 50P+150S, 200Sw; 20sR} [1000/3350]  
200 scull  
300 K chc [/3850]

\*Finished ~15 min. early