**Day 3, 11/20/2013**

Talk: Team Captain vote Fri (2@); planks, flipturns, starts, name-game.

Focus:  
**(GROUP 1)** more endurance with Free/Back sets  
SGS, Front Loops, Breast Kick.

**(GROUP 1)** **WU** 100S-100K-50P-50S  
K. 5 X 50 {2 Fr, 1 Fly, 2 Fr; 10sR} 10min  
**Tech**: SGS, Front Loops, Back Loops (12min)  
Drill Set:  
50 - Front Loop 10m + Free (both ways)  
50 – SGS 10m + Fr (both ways)  
50 – Back Loop 10m + Ba (both ways)  
  
  
**Main Set 1**5 X 50 Fr w/turns; 10sR **30sR**5 X 50 Back 25 + Kick 25**; 10sR  
  
Dives Intro** – 8min

**Day 3, 11/20/2013**

**(GROUP 2)   
WU** 200S-100K-100P-100S  
K. 8/9 X 50 {2Fr, 2 Fly, 2 Fr, 1 Br, 1|2 Chc; 5sR} ~15min  
**Tech**: SGS, Front Loops, Back Loop (17min)  
**Drill Set**: (same as (Grp 3 Drill Set 1)) ~5min  
**Main Set 1:**  
2 X { 4 X 50 (Fly+Fr, Ba+Fr, Br+Fr, Fr+Fr); 10sR} 30sR between set 1 & 2 [9min]  
**Main Set 2:** 300 Social Kick ~ 7-8min  
**Main Set 3:**  
3 X {100 Fr 30sR, 75 Fr 20Sr, 50 Fr 10sR, 25 Fr; 15sR} ~13min  
**Main Set 4:** 300 Social Kick ~8min/~75min  
**Dives** w/Dave

**(GROUP 3)**WU 4-2-1 ~17min {{Speed Order: CALM – TROUT – OTTER – SHARK – TUNA}}  
K 10X50 {med 25+hard25; 5sR; 3 Fr, 3 Fly, 2 Br, 1Chc} ~11min/~28m  
1mR/~29min  
**Drill Set 1**: ~5min/~34min  
 50 - Front Loop 10m + Free (both ways)  
 50 – FrontLoop 10m + Fly (both ways)  
 50 – SGS 10m + Br (both ways)  
 50 – SGS 10m + Fly (both ways)  
 50 – Back Loop 10m + Ba (both ways)  
**Main Set 1**  
2 X { 4 X  
125 IM (rolling 50 Str: e.g. 1st) 50 Fly + 25Ba/Br/Fr); 15sR  
50 K (same Stroke as IM emphasis), Trout 25+Otter 25; 15sR} 45s-1mR between set 1 & 2 [ ~26min/~60min]  
  
**Drill Set 2:** (repeat Drill Set 1) /~65min  
**Main Set 2**  
8 X 50 Fr {25 Trout+ 25 Shark; 5sR} 7min  
50 EZ ~1.5min  
8 X 50 BP: 3-3, 3-5, 3-7, 3-9, 3-9, 3-7, 3-5, 3-3; 10sR 8-9min  
Sprints off Block.