**Day 4, 11/21/2013**

**Thur Dec 5 Meet: Dismissal Time: 1:45PM**

**(GROUP 1)**   
**WU** 100S-100K-50P-50S [300] ~15min  
**K.** 6/7 X 50 {2 Fr, 2 Fly, 2 Fr; 10sR} 10min/25min [300/600]  
**Main Set 1**  
16 X 25 (alt. 25 Fr + 25 K / 25Ba + 25 K); 5sR; ~[400/1000]  
**Tech:** Breast Kick  
Br Kick Set  
  
**Tech** Br arms ~7min  
Br pull arms – 7min  
 **Drill Set** (Br)  
  
  
  
**Main Set 2**  
6 X { 25 Str+25K (alt Ba/Br); 5sR  
 50 Fr 5sR } [600]  
  
**Tech** Dives. ~15min ~s8:45pm

1.WU @: 15min OO  
  
**Br Kick Set  
Br Pull Set  
Br Set  
Dives.**

**(GROUP 2)   
WU** 200S-100K-100P-100S ~16min [500]  
K. 8/9 X 50 {2Fr, 2 Fly, 2 Fr, 1 Br, 1|2 Chc; 5sR} ~15min [400/900]  
**Drill Set 1**  
2 X { 4 X 25 alt Dr/Sw/Dr/K by 25; 5sR; up to 20sR between set of 4  
 1-4 Fly (4R-4L; 2R-2L-3regular)  
 5-8 Ba (5R-5L-6regular; 3R-3L-4regular)  
 9-12 Br (3sec Glide (feet finish before hands separate!); 3Kick + 1 Pull)  
 13-16 Fr (Full Catch-up; 5sec-Switch)  
} ~16min/ ~42min ~f8:12pm [800/1700]  
**Main Set 1**  
 8X75 { alt: 25 Chc Str(non-free) 5sR + 50 Fr 5sR} ~10min/~f8:22pm [600/2000]   
**Main Set 2**  
4X (50K hard+50scull; 15sR@100) [400/2400] ~9min/~f8:32pm  
  
**Main Set 3** Free  
2 X100 FR 25sR- 4 flaps, 4 full catch-up, then reg free  
2X75 FR 20sR, 4 full catch-up then reg free  
2X50 FR 15sR, count strokes (decrease count each 25 of the 50)   
2X25FR 10sR build, finishing strong [450 / 2950] 12min. f: 8:44pm  
  
**Dives with Group 1** ~s8:45pm

**(GROUP 3)**   
**WU** 400(200 Free; 100 Free w Swimmer Stop each 25, 2X hand stand 5s+25 Free, 3X SGS 10m + 50 Fr) – 200K – 100 Pull [700]~17min

**K** 8X50 {IM order by 2x50@; build each 50 calm to (shark final half 25 to finsh) 5sR} [400/1100]~8min

**Drill Set 1**  
20 X 50 {alt Dr/Sw/Dr/K/Dr) 1st 25, All Sw 2nd 25 (e.g. 25Dr+25Sw); 5sR @50; 20sR @ set of 5  
 1-5 Fly (4R-4L; 2R-2L-3regular)  
 6-10 Ba (5R-5L-6regular; 3R-3L-4regular)  
 11-15 Br (3sec Glide (feet finish before hands separate!); 3Kick + 1 Pull)  
 16-20 Fr (Full Catch-up; 5sec-Switch)  
} ~20min/ ~44min ~f8:14pm [1000/2100]  
  
**Main Set 2** Big Ladder Down(go until end)  
500 Free;45sR; ~7min  
5 X 100 Free @1:15; 45sR ~7min  
400 IM straight; 30-45sR ~7min  
4X 100 IM; 15sR ~7min/28min  
50EZ /~30min  
200 Free  
4X50 Free  
200 IM  
4x50 Str (IM order)  
50EZ  
100 Free  
4X25 Free sprint  
100 IM  
4x25 Str sprint (IM order)