**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)