**Day 5, 11/22/2013**

**Thur Dec 5 Meet: Dismissal Time: 1:45PM, Bus 2pm; Wed 11/27 Dryland 3:30-5pm. No Practice Thurs at all.**

**(GROUP 1)**
**WU** 150S-100K-100P-100S [300] ~15min

**Kick Set 1.** 8 X 50 {2 Fr, 1 Fly, 1 Fr; 2 Br, 1 Fr ; 10sR} ~ 11min/25min [300/600]

**Main Set 1**
16 X 25 (alt. 25 Fr + 25 K / 25Ba + 25 K); 5sR; ~8min [400/1000]

**Tech** : Breast ~20min
Demo
**Drills - Br**

 **Main Set 2** 2 x 50 Fr; 10sR
 2x 50 Ba
 2 x 50 Br
 4 x 50 Fr

**Tech** Dives. ~15min ~s8:45pm

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 **(GROUP 2)
WU** 200S-150K-100P-100S ~16min [500]
**Kick Set 1.** 10 X 50 {2Fr, 2 Fly, 2 Fr, 2 Br, 2 Chc; 5-10sR} ~15min [400/900]

**Drill Set 1** – all 50s; ~16min/~48min
 2 X 50– handstand 5s, + Free Front Loop 10m + Free (both ways)
 2 X 50– Front Loop 10m + Free (both ways)
 2 X 50 – SGS 10m + direct into Fly 3 full strokes, then 1-arm (both ways)
 2 X 50 – SGS 10m + direct into Br (both ways)
 2 X 50 – SGS 10m + Fly (both ways)
 2 X 50 – Back Loop 10m + Ba (both ways)
~45sR
**Kick Set 2:** 300 Fr on back with board down (knee check) ~8-9min/~59min [600/2000]

**Main Set 3** Free
3 X 100 FR ; 25sR
3 X 75 FR ; 20sR
3 X 50 FR 15sR
3 X 25FR : 10sR build, [1050 / 2950] 16min. f: 8:45pm

**Dives with Group 1** ~s8:45pm

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**(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]~18min

**Kick Set 1:** 10 X 50 {2Fr, 2 Fly, 2 Fr, 2 Br, 2 Chc; 5-10sR} ~15min
**Drill Set 1** – all 50s; ~16min/~48min
 2 X 50– handstand 5s, + Free Front Loop 10m + Free (both ways)
 2 X 50– Front Loop 10m + Free (both ways)
 2 X 50 – SGS 10m + direct into Fly 3 full strokes, then 1-arm (both ways)
 2 X 50 – SGS 10m + direct into Br (both ways)
 2 X 50 – SGS 10m + Fly (both ways)
 2 X 50 – Back Loop 10m + Ba (both ways)
~45sR
**Kick Set 2:** 400 Fr on back with board down (knee check) ~8-9min/~59min
~45sR
**Main Set 1** ~13min
9 x 100 Free
 1-3 PR+35
 4-6 R=PR+25
 7-9 R=PR+20
**Main Set 2** (if time, go until group dives)
BP 50s {3-3, 3-5, 3-7, 3-9, 9-3, 7-3, 5-3, 3-3; 5sR}

**Dives** – all groups