**(All Groups)** - Relays, Open Turns
**WU** 4/3 -2 -1 [7/600 ] ~16min

**Kick Set 1.** 10/9 X 50 {3Fr, 2 Fly, 2 Fr, 1 Br, 2 Chc; 5-10sR} ~15min//31min
all Fr kick is on back w/board down (knee check) [500/1150]

**Open Turns** ~15min (all groups) //~46min

**Main Set 1** – ~13min/~59min [600/1750]
 12/10/8 X 3-Turn 50s; {alt Fly/Br; go when last person touches;
 - Fly as 3-3-3 if needed
 - practice transition while waiting [550]}

**Kick Set 2:** 200K Free on Ba. w/board down ~6min//~65min

**Main Set 2** ~15-20min// (go until 6:45pm)
500 Free; 40sR ~7min
5 x 100 Free; 10sR ~7min [[G3 got to 3x]]
200 Free; 20sR ~3min
4 X 50 BP Free(3-5, 3-7, 9-3, 5-3); 5sR ~3min
6 X 25 Sprint Free; 5sR

**Relay Dives** – all groups – 15min
BDS

**Speed Pace Terminology (future use)**
**CALM** – pace used if competing in a 400-800 free
**TROUT** 200<400 (closer to 200)
**OTTER** 100<200
**SHARK** 50<100
**TUNA** !!! maxed… ultra sprint lasting maybe 3sec.