**(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.