***(All Groups Agenda)*** *- Relays, Flipturns, Streamline+dolphin*  
**WU** 4/3 -2 -1 [7/600 ] ~16min {(G3) 3x25 SGS, 1x25 Front Loops; (G1-G2) 2x25 SGS, 1 x 25 FrLp}

**Kick Set 1.** Dive Well (if avail.) ~8min + 2-4X50 (IM Order)/// otherwise:  
 10/9 X 50 {IM Order 2@, last 1-2 Chc; 5sR} ~14min//31min  
 all Fr kick is on back w/board down (knee check) [500/1200]  
  
**Flip Turns Fr+Ba** ~12min (all groups) //~42min  
  
**Main Set 1** – ~10min/~54min [300/1500]  
 5/5 X 3-Turn 50s; {alt Fr/Ba; go when last person touches;   
 - practice transition while waiting }   
  
**Kick Set 2:** 300K Free on Ba. (or until stop 8:22pm) ~8min//~61min []  
 (1st 200 w/board down, last 100 no board on back; knee check) [300/1800]  
  
**Main Set 2** ~20min/~81min // (or until 8:42pm) []  
4/3 x 200 Free (100Pull+100Sw (continuous -drop PB)); Trout speed; 20sR ~9min  
3 X 100 Free; Otter; 15sR ~6min  
4/3 X 50 BP Free (3-5, 3-7, 3-9, (9-3)); 5sR ~2.5min  
3 X 25 Sprint Free; Shark+; 5sR ~1.5min  
25 EZ ~1min [1300//3100]  
(G3) (add-if-time: 100 high wiper scull + 100 mid scull) [3300]  
  
**Relay Dives** – all groups – 15-18min  
BDS  
(sprints if time)

**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.