***(All Groups Agenda)*** *- Starts, Fly*  
**WU** 4/3S -2K -1P [7/600 ] ~16min {(G3) 3x25 SGS, 1x25 Front Loops; (G1-G2) 2x25 SGS, 1 x 25 FrLp}

**Kick Set 1.** 10/9 X 50 {IM Order 2@, last 1-2 Chc; 5sR} ~13min//30min  
 all Fr kick is on back w/board down (knee check) [500/1300]  
  
**Tech Set -** Fly (G1 fins )~8min (all groups) //f~38min  
  
**Main Set 1** – ~10min/f~50min(8:19pm) [600/1900]  
 12/9 x 50 {25 Fly+25 Free (3-3-3 Fly when form breaks); 5-10sR}  
  
**Kick Set 2:** 200K Fly (or until stop) ~8min//f~8:27pm [//2100]  
  
**Main Set 2** ~20min/~81min // (or until 8:41pm) []  
 7 /6 X 100 Free; Otter; G3:PR+20/ G2:PR+35/ G1:15sR ~13min/f~8:40  
 6/4 X 50 BP Free (3-5, 3-7, 3-9, 9-3, 7-3, 5-3); 5sR ~4.5min/f~8:45  
 50 EZ ~1.5min [1050//3050])   
(G3 if time 300 scull(100 high wipers+100 mid+100bottom)) [3350]  
  
BDS **Dives/Sprints** – all groups – ~11min start 8:49pm

**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.