***(All Groups Agenda)*** *- Ind. & Relay Starts, Turns***SMWU** 3S -2K -2/100 (Choice Drill) - 3x50Build – 2x25Sprint – Dive Sprints [900]

**Tech 1 -** Open Turns ~8min (all groups/Coach) //f~7:58p [100]

**Tech 2** – Br ~8min//f~8:07p [100] (all groups/Coach) **viceGrip Pull/3s Glide/2s Glide/3K 1P

Tech Set 1** – ~13min/f~8:21pm) [600/1700]
 12/10 x 50 {alt \*50 Br / 50 Free; 5sR}
 \*50 Br = 25 Br Drill + 25 Br Swim
 Br Drills: **Vice Grip Pull / 3s Glide / 2s Glide / 3K 1P / 2 UW Pullout**

**Kick Set 1.** 8 X 50 {2 Fly, 2 Br, 1 Fly, 1 Br; 2 Fr; 5sR} ~9min/~f8:27p [300/2000]

**Main Set 2** ~15min (or until 8:42pm) [1200//3200]
 200 Free ~3min
 4 X 50 {(Str 25+Fr 25); 5sR@50; Str = IM order e.g. Fly/Fr + Ba/Fr} ~3min
 200 {alt Str/Fr by 25; IM Order on Str} ~3min
 100 Fr ~2min
 100 IM ~2.5min
 4 X 25 Sprint – IM order; 5sR
 4 X 25 Sprint Free; 5sR
 G3 if time 300 scull(100 high wipers+100 mid+100bottom))

BDS8:42pm **Dives/Sprints** – all groups – ~15min start 8:45pm

**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 that can only be sustained maybe 3sec.