***(All Groups Agenda)*** *-* Free/Turns/Dives  
 **SMWU** 3S -2K -2/100 (Choice Drill) - 3x50Build – 2x25Sprint – Dive Sprints [900] ~20min. ~f7:50pm  
  
**Kick Set 1.** 8 X 50 @ 1:00/1:15/1:30, IM Order [400/1300] ~9min/~f7:59pm

**Tech 1 –** Free ~6min (all groups/Coach) //f~5:56p [150]  
- shark fin, flap down, V-start, swimmer stop.  
~6 x 25’s. **Tech Set 1** – ~16min/f~6:13pm) [400/1850]  
8 X {  
(25 Drill + 25 Swim, 50 10m Drill + Swim)  
; 2@Drill: shark fin, flap down, 2x 5s handstands, V-start + swimmer stop  
}  
  
**Main Set 1**  [1200//3050] ~16min/~f8:25  
 8/6 X 75 {10-15sR;   
 - odds: Swim Mixed IM (25 Fly + 50 Fr, 25 Ba + 50 Fr, …  
 - last 25 is Shark Kick Focus;  
 - evens: IM Kick (75 Fly / 75 Ba / 75 Br / *(75 Fr)*)

}  
  
**Tech Set 2:** Turns. ~15 min. ~f8:40pm Stationary Flip Drill (hands front position 1- pull 1st hand then 2nd for flip); Free; Back; With streamline and dolphins.   
**Main Set 2.** 4X {2-Turn 50’s w/ swimmer stop; handstands/stationary flips while waiting.} [250/3300]  
[200/2100] ~7-8min/~f8:48pm  
  
**Dives + Sprints.** [150/3550]

**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.