Talk: Pool use conduct/rules, Meets (being there), caps $?, suits sizes  
Name game  
Dryland: streamline and flipturns

Hitlist: Circle swimming. Breathing. Passing. Dolphin. Free and Back  
G1 WU  
50’s 3X [S-K-P] [300]  
8 X 25 Kick/drills [200]  
8 x 25 {alt 25 swim, 25 Kick} 5 sec. [200]4min / 8min

**Freestyle:**Talk Free 5min  
8 X 25's Free {Drill 25, swim 25} [200]  
50 top scull [50 / 250] 1.5m /rt 9min +1  
20 pushups [on deck], 1min /rt 11min   
50 top wipers scull [ / 700]  
4 X 50 {alt 50 swim, 50 Kick} 12 sec [200/ 1100] 4min / 15min  
**Flip Turns** 20min+  
6 X 3-Turn 50's Free (lots of rest) [200 / 1300]

**Back**  
Talk. 25's Drill, 25's Drill/Swim  
8-10 x 25K (4@ 12 kick/side per arm pull, 4@6K/side) 10sR [150 / 1500] 7min   
Flag to wall Stroke Count 7min   
8 x 50's (25 BA Dr + 25 BA) 15sR [200 / 1900]  
100 EZ [2000]  
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**Group 2 WU** repeat 1-1-1 **Group 3** **WU** 4-2-1 [700/15min.]   
**K:** 50’s 10 X {med 1st 25. hard 2nd 25. 1-8 IM, 9-10 chc} 5sR [500/1200]  
**Dr/Sw:**  
8X50 - IM order {25 Dr+ 25Sw (chc drill) 5sR} [400/1600]  
30-45sR  
**Main 1**  
50’s: 16X { all as 25 med / 25 fast – 5sR  
 1-8: not-Free:: 30sR :: 9-16 Free:}  
50 EZ [850/2450]  
- 2-4min break (bathroom/water/etc) -  
**Main 2**  
5x200 Free {200Pull, 150Pull+50Sw, 100P+100S, 50P+150S, 200Sw; 20sR} [1000/3450]  
400 K chc [/4150]  
300 scull

[14 min left. Sent them on 4 50’s dive Build + 4X 25 Dive sprints. Finished 3 min left]