**Group 1**  
**flipturns  
WU** @: 15min repeat 1-1-1  
**K:** 6-8 X50 Fly-Fr-Br-Fr (IM order) 5sR  
  
3.Group 1 and 2 for drill (3 joins for a few min.)  
**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]  
  
flipturns  
  
Free set.  
  
   
   
8 x 25 {alt 25 swim, 25 Kick} 5 sec. [200] (4min )  
 50 top scull [50 / 250] 1.5m / (1.5min/5.5)  
 30sec. of pushups [on deck], (1min / 6.5m)  
 50 high wipers scull [ / 700] (1.5m/8m)  
 16 X 50 { alt 50 swim/50 Kick (4 non-free + 10 free); 10-15sR   
 as 1-7 + 50EZ, 9-15 + 50EZ } [800] (21min/39min)  
  
**Dives 9:20pm.**  
  
**Group 2 - Main**  
 8 x 25 {alt 25 swim, 25 Kick } 5 sec. [200] (4min )  
 50 top scull [50 / 250] 1.5m / (1.5min/5.5)  
 30sec. of pushups [on deck], (1min / 6.5m)  
 50 high wipers scull [ / 700] (1.5m/8m)  
 16 X 50 { alt 50 swim/50 Kick (4 non-free + 10 free); 10-15sR   
 as 1-7 + 50EZ, 9-15 + 50EZ } [800] (21min/~39min)

**Group 3**

**WU** 4S-2K-1P-1IMDr (repeat until 8:15) [800]  
**K:** 10 X 50 {4 Fr +2 Fly + 4 Chc; @60 or less. no more than 5sR; } ~11min ~f8:26pm [500]

**Main 1**  
4 X (3 X 75) ~14min ~f8:45pm  
{ IM order by 1 stroke for whole 75, e.g. 1st set of 3x75 is Fly)  
(\*Fly may be 3R-3L-3Full)  
 1) 25Dr + 50sw build 10sR   
 2) 25K + 25long +25hard. 15sR   
 3) 25Dr + 25sw hard 10sR ~3.5min(set of 3)  
} [900/ 2200]  
- 45sR-

**Kick 2**  
300 straight (200 Fr + 100 Chc) [ 300/ 2500]

[[ - -15 min. left - - ]]

**Main 2**  
12 min swim ~f9:00pm [~800 // 3300]  
200K straight ~4min ~f9:05pm [200 // 3500]  
  
**Main 3**  
2 X 200 Free {alt pull/sw 20sR} ~21min ~f9:26pm []  
2 X 100 Pull/sw  
50 EZ [650 // 4150]  
If time left.. 6X 25 Dive sprints (4 IM, 2 Chc), then social kick.

Group 1  
beginners

Group 2  
veterans

Group 3  
club endurance

Day 1  
Free. Flipturns  
  
Day 2  
Back. Flipturns.

Day 3  
Fly. Dives  
  
Day 4  
Breast.