**Thur Dec 3 St Helens, away; Water bottles  
Focus: Br.**

**(GROUP 1)**   
**WU** 200S-100K-100S repeat [400] f8:15pm  
**K.** 6/7 X 50 {2 Fr, 2 Fly, 2 Fr; 10sR} 10min/25min [300/600] f8:25pm

Tech – ALL – Br (start 8:26pm) – 15min  
  
**Main Set 1** :// s8:42p ~10min  
**18 X 25 as Str/Fr IM order; 5sR  
 { 25 Fly + 25 Fr (fly as 4R + 4L + 2Full)  
 25 Ba + 25 Fr  
 25 Br + 25 Fr }**  
**Dives**. ~15min ~s8:53-f9:08  
  
**Main Set 2**  
6 X 50 Fr; 10sR } [300]  
300K choice

**(GROUP 2)   
WU** 200S-100K-100P-100S ~16min [500]  
K. 8/9 X 50 {2Fr, 2 Fly, 2 Fr, 1 Br, 1|2 Chc; 5sR} ~15min [400/900]  
**Drill Set 1**  
2 X { 4 X 25 alt Dr/Sw/Dr/K by 25; 5sR; up to 20sR between set of 4  
 1-4 Fly (4R-4L; 2R-2L-3regular)  
 5-8 Ba (5R-5L-6regular; 3R-3L-4regular)  
 9-12 Br (3sec Glide (feet finish before hands separate!); 3Kick + 1 Pull)  
 13-16 Fr (Full Catch-up; 5sec-Switch)  
} ~16min/ ~42min ~f8:12pm [800/1700]  
**Main Set 1**  
 8X75 { alt: 25 Chc Str(non-free) 5sR + 50 Fr 5sR} ~10min/~f8:22pm [600/2000]   
**Main Set 2**  
4X (50K hard+50scull; 15sR@100) [400/2400] ~9min/~f8:32pm  
  
**Main Set 3** Free  
2 X100 FR 25sR- 4 flaps, 4 full catch-up, then reg free  
2X75 FR 20sR, 4 full catch-up then reg free  
2X50 FR 15sR, count strokes (decrease count each 25 of the 50)   
2X25FR 10sR build, finishing strong [450 / 2950] 12min. f: 8:44pm  
  
**Dives with Group 1** ~s8:45pm

**(GROUP 3)**   
**WU** 400S as (200 Free + 4x50 Fr w/ 5s Handstand at start) – 200K – 100 Pull – 100 IM Drill (if time) [800] stop 15min (8:15pm)+45s

**K** 8X50 {alt Br/Chc by 50; 5sR } [400/1100]~9min (start 8:16, ~f8:25pm)

**Tech:** Breast – ALL – 15min.

**Drill Set 1** (~start8:46pm)  
16 X 50 {All-- alt Dr/Sw by 25…eg.25 Dr+25 Sw); 10sR @50;   
 1-4 Fly –Drills: (4R-4L 1st 25 + 2R-2L-4Full 2nd 25)  
 5-8 Ba (4R-4L)  
 9-12 Br (3sec Glide (feet finish before hands separate!)/ alt with 3Kick + 1 Pull)  
 13-16 Fr (Full Catch-up; alt with Fists only)  
} ~20min/ ~44min ~f9:14pm [1000/2100]  
  
*-- quick bathroom break if needed – 4min.--*  
**Main Set 2** Big Ladder Down(go until end/stop)  
500 Free; // up to 60sR til next set, stretch; // [~8min]

* Ended here 9:20pm.   
  Dives sprint 25’s last 10 min. 5X

5 X 100 Free; 20sR@; /up to 60sR // ~7min // [rt(running total)*16min]*400 IM K straight; / 30-45sR //~8min  
4X 100 IM; 15sR@; (fly may be 3-3-3) /~7min // *[rt32min]*   
50EZ // *[~rt30min]*200 Free; 45sR  
4X50 Free; 10sR@; // *~rt39min*  
200 IM (fly may be 3-3-3); 45sR // *rt42min*  
4x50 IM order; 15sR@ // *rt46min*  
50EZ // *rt48min*  
100 Free; 30s   
4X25 Free sprint; 10sR@ // *~52min*  
100 IM (fly may be 3-3-3); @30sR  
4x25 Str sprint (IM order) (fly may be 3-3-3)