Meet Thurs. Early Release 1:45pm, return 8pm (Release may change to earlier if needed)  
  
Focus: open turns. IM. Back Dive. Relay Dive.  
IM => Fly – Back – Breast – Free

**WU** 5/3 -2 -1 ~ f8:15pm

**Kick Set 1.** 10/9 X 50 {IM Order 2@, last 1-2 Chc; 5sR} ~12min//30min  
 all Fr kick is on back w/board down (knee check) [500/1300]  
  
**Mini 1:** 8 X 25 Swim: IM order: Build each 25; 10sR; [200] ~5min   
  
**Tech Drill:** Open Turns. 13min. 8:37-8:8:42pm.   
  
**Main 1:** 2 sets Ladder down, 30sR between sets. [[~15min. 8:44-9:00pm]]  
4 X (75’s Str – Fr – Str; 25 Build – 25 Long – 25 Build 20sR [300]; ~7min  
6 X 50’s Fly-Ba, Ba-Br, Br-Fr; 25 Long + Build 2nd 25; 15sR [300] ~6min  
  
  
**Back Dives and Relay Dives.** 9:02pm-9:22pm  
Back 10 min. (w / 2+X 50 with Dive)  
Relay 10 min. **6min. Pull –** Free or Breast

TUE/WED: Swim Meet WU

TUE: 12min swim  
  
WED Relays. Tech and Drills.