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

**SMWU** ~ f8:20pm [1150]  
500 Sw  
200 IM K  
200 IM Drill  
3x 50 Build  
2x 25 Sprint  
50 EZ

**Kick Set 1.** 10/9 X 50 {IM Order 2@, last 1-2 Chc; 5sR} ~12min//33min  
 no board [400//1450]  
  
**Tech Drill:** Flip Turns. 10min. 8:34-8:8:44pm. [350//1800]  
5min. + 4X (3-turn 50’s)  
-- 4 min Break for bathroom --  
**Main 1:** 12 min swim – Free, non-stop 8:49-9:01pm [800 // 2600]  
  
**Mini:** 5X BP 50’s: (3-3, 3-5, 3-7, 3-5, 3-3;) 5Sr; /--30sR--  
5 x 50 Free – 25 Long 25 Fast; 5Sr [500 // 3100 ]  
  
**Relay Dives.** 9:12pm-9:25pm ~12 min. [100 // 3200] **6min. Pull –** Free or Breast [100 // 3300]

TUE/WED: Swim Meet WU

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