Meet Thurs. Early Release 1:30pm, Meet Start 4:30pm. Return 6pm   
Focus: Free and Br

**WU** ~ f8:17pm [800]  
16 X 50; 5sR  
4 X Fr  
4 X Br Kick  
4 X Ba Pull  
4 X Fly Drill

**Kick Set 1.**   
300 Fr Flutter on Ba. (150 kickboard knee check +150 streamline)  
100 Chc ~11min//29min ~f8:29pm [400//1200]  
  
**Tech Drill:** Free. Shark fin, (3pattern + roll to back for 3s then switch)  
4x 50 Drill/Swim  
4 X 50 Br. Duck walk. 3K 1P; 3sGlide into line.

[400//1600] 31-43 ~f8:43pm  
  
-- 4 min Break for bathroom --  
**Main 1:** 12 min swim – Free, non-stop 8:48-9:00pm [800 // 2400]  
  
**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 // 2900 ] 9:01 - 9:14pm **6min. Pull –** Free or Breast [200 // 3100] 9:15-9:21pm  
  
**Dives w/ Sprint.**

TUE/WED: Swim Meet WU

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