Meet Thurs. WU 6:30pm, Meet Start 7pm. Volunteers!.   
**Focus: Back, Back Dives.**

**WU** 5-2-1-1~ f8:15pm [900]

**Kick Set 1.** 5sR ~12min//29min ~f8:29pm [350//1250]  
5X { 50 Fr (on back with 6s of UW dolphin on back off each wall)  
 50 Chc }  
  
**Tech Drill:** Back –  
walk thru. Focus – straight arm thumb first, pink enter out the side.   
Wings out.  
elbow bend for power.  
6 X 50 Dr/Sw.

[200// ] 31-43 ~f8:43pm  
  
**Main 1:** 18min. 8:45-9:03pm [800 // 2400]  
16 X 50   
4X {1 thru for each Str in IM; e.g. 25 (Fly) – 25 Fly  
Str - Fly  
Str – Ba  
Str – Br  
Str – Fr } 20sR between sets  
  
**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  
  
  
**Back Dives w/ Pace.**