**Focus: Fly.   
Dryland: Go thru the hands and feet 2sec hold then down at the same time on floor. Then standing with the double kick.**

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

**Kick Set 1.** 5sR ~12min//29min ~f8:29pm [350//1250]  
50’s Med/Fast by 25. (11min+1), alt Fr/Chc  
  
**Tech Drill:** Fly [8:28-8:43]  
Kick timing. Holding hands and feet for 2 seconds.   
  
**Main 1:** stroke set/  
10 X 50 (4 perfect strokes of Fly + 3R+3L, the rest of the 50 is Free Build); 10sR

[500// ] 31-44 ~f8:43pm

**Free Tech** 3-4min. Hard push-offs into streamline.[~f8:48pm]  
**Main 2:** Free Set 1: 12min swim. [~s8:49pm-9:01pm]  
100 Kick. ~f9:05  
  
**BP Set**  
50’s { 9X50: 3-3, 3-5, 5-7; 5sR} [9:07-9:18pm]  
  
**Dives. 25’s**Progression. Free.  
1) Half-pool UW dolphin  
2) Breathe 2X  
3) Breathe 1X  
4) Breath 0

**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.**