**Focus:Breast, Free Pace .   
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 [450//1350]  
6x75: slow/med/fast by 25 [odds Fr/ evens chc by 75]  
  
**Tech Drill:** Br [8:30-8:43] [300//1650]  
on deck.: Kickboard on back/head for line.  
accelerate the hands to highhands chin to high line stretch.  
2X 50 3sGlide;   
2x 50 2sGlide;   
1X 50 1sGlide.  
1x 50 0sGlide (on feet-click).  
  
**Main 1:** Pace 50’s Free.  
4X {desc 1-4 by effort;   
1-4 @60 Build the 50  
@55, hard pushoffs into streamline  
@50, faster kick  
@45 Build.  
[800// 2450 ] 45 ~f9:00pm  
 **Main 2:** Pull Set . [~s9:21pm-9:30] [700 // 3150]  
200 Pull Free  
100 Pull Chc.

--- finished here---

200 Pull Str  
100 Pull Free  
100 Pull Str  
50 Pull Fr  
50 Pull Str  
  
**BP Set** 50’s { 9X50: 3-3, 3-5, 5-7; 5sR} [9:07-9:18pm]