**Focus: Fly, Dryland: Planks**

**WU** 5-2-1-1 (or Chc again) ~ f8:15pm [900]

**Kick Set** 5sR ~14min//29min ~f8:309pm [600//1500]
300 Fly Kick, straight.Brd opt.
300 K Chc. Brd optional.

**Tech Drill:** Fly [8:32-8:45] [400//1900]
Kb Fly (raise/hvr before entry); 4-2-2
~8x50’s.

**Main 1:**
3X { 200 Pull Fr Hard; 20sR
 50K Build, Chc;10sR
 3 X 50 Chc Str (not Fr); Desc 1-3 by time.

} [1200// 3100] 20min ~f9:05pm

**Main 2:** BP Free 8X50:
4X {Build 50 Free, 5sR + BP 50, 10sR
(BP: 3, 5, 7, 5 by 50)} [400 // 3500] ~f9:15pm

**Sprints** for Time; 4x25 {2Fr, 2 Chc} [ 100 //3600]

**Social Kick** WD if time [ 100 //3700]