**Focus: Back**

**WU** 5-1-1-1 ~ f8:15pm [800]

**Kick Set** ~10min//26min ~f8:309pm [400//1200]  
SL 50’s 8X alt Fr/Chc by 50; 10sR  
  
**Tech Drill:** Back [8:27-8:38] [400//1600]  
~8x50’s.

**Main 1:** IM + transitions  
4X { 50 Str1 (IM order); 10sR  
 50 Str1/Str2; 10sR –rolling 50 IM  
 100 IM; 20sR  
} [800// 2200] 17min ~8:40-f8:57pm

**Main 2:** BP Free 8X50:   
4X {Build 50 Free;5sR / BP 50;10sR  
(BP: 3, 5, 7, 5 by 50)} [400 // 2600] 8:59-~f9:09pm  
  
**Relay Transition Dives.** [ 100 //3600] f9:10pm-9:22  
  
  
**Social Kick** WD if time [ 100 //3700]

**----------------------------**

**WED**

**Main 1:**   
12 X 50 {  
3@55, 3@50, 3@45, 3@40  
} [1200// 2200] 11min ~8:40-f8:52pm