**Focus: Breast**

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

**Kick Set** ~10min//26min ~f8:309pm [400//1200]  
SL 50’s 8X alt Br/Chc by 50; 10sR  
  
**Tech Drill:** Br [8:27-8:39] [400//1600]  
~8x50’s.

**Main 1:**   
16 X 50 {alt Med 50 Perfect / Fast 50  
16@50 /16@55 /14@60 /14@1:05 /13@1:10  
 14min ~8:40-f8:55pm [800//2400]

**Main 2:** Pull   
1 X 100 Br

[100 // 2500] ~15min. 8:57-~f9:12pm  
  
**BD Swim** 3min.  
  
**Sharks and Minnows with Milwaukie** [ 100 //2700]