**Focus: Free. Bungee. Pull. Responsibility.   
WU** 5s-1k-1p-1im ~ f4:15pm [800]

**Kick Set** ~12min//26min ~f4:26pm [300//1200]  
3X50 Fr, 3X Fly, 3X Chc.

**Tech Drill:** Free [4:27-4:37] [250//1400]  
Reach and Entry. Early Vert. Stroke per Dist. Handstands.  
Flipturns – pushing off hard, at depth.

**Main 1:** [900 // 2400] ~14min ~8:39p-8:54pm  
14min Swim.

**Dives and Sprints** [75 // 3075]  
25’s for Time. Need 15min.  
  
-- didn’t get to---  
**Main 2.** Long Pull. ~13min. [700 // 3100] ~f9:10pm  
// Bungee.  
200 Pull Free. 25sR  
200 Br Pull.’ 25sR  
300 scull Chc;

9:27pm **BD Swim** 2min. (Jessica)