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

**Kick Set** 10min K Chc. //26min ~f4:26pm [400//1200]

**Focus/Tech:** Back ~~10min. //~48 [250 // 1450]  
  
**Main 1 / Focus Set:**  
5 X 100 Back to Free Reversal, by 25; 15sR; ~11min // ~f 60 [500//1950]  
  
  
**Main 2:** ~15min ~4:41p-5:03pm [750//2600] ~f80 -> 5:20pm  
200 Free Pull, hard; 30sR  
100 Free fast; 20sR  
200 Br Pull.; 20sR  
50 Br, Build.; 10sR  
200 scull Chc

Fun with Milwaukie ~10min.

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**Dives and Sprints** [75 // 3075]