**Notes: back body position  
Focus: Back. Bungee. Pull.  
WU** 6s-1k-2p-1im ~ f8:15pm [1000]

**Kick Set** ~12min//26min ~f8:26pm [400//1400]  
8 X 50 { 25 Build + 25 Fast; 10sR  
 odds) Fr on back no brd//   
 evens) Chc

**Tech Drill:** Back [8:27-8:37] [300//1900]  
double arm. Bent elbow focus. Body position  
6x50

**Main 1:** [ 700 // 2500] ~18min ~8:39p-8:59pm  
Stroke Set, Chc; 10sR @ 50.  
2 X {  
 25 Drill + 25 Swim  
 25 Long + 25 Build (Long = stretched out longer but Perfect Form)  
 25 Build + 25 Fast  
 50 Sw Fast  
 25 Build + 25Sw Fast  
 50 Sw Fast  
 K 25 Build + 25 Fast  
} 20-30sR between sets

**Main 3:**  
BP 3-5-7-5-3 by 50 [250 // 3150]

**Dives and Sprints** [75 // 3225]  
25’s for Time. Need 10min.

----- cut off ------

**Main 2:** Fast Endurance Set [400 // 2900 ]  
Free, maintain fastest sendoff.  
8 X 50 @45, @50, @55, @60, @1:05