**Notes:   
Focus:. Bungee. Mixed Endurance.  
WU** 5s-1k-1p-1IM ~ f4:15pm [800]   
  
**Focus/Tech:** Back flip in IM, ~~10min. //~48 [250 // 1450]  
  
  
**Main 1 – Ladder Down** [2350] ~42min  
500 Free; 40sR@; // ~8min // [rt(running total)*16min]*400 IM K straight; / 1mR //~8min  
4X 100 IM; 20sR@; /~7min // *[rt32min]*   
200 IM; 45sR // *rt42min*  
4x50 IM order; 15sR@ // *rt46min  
- 45sR -*4X50 Free; 10sR@; Desc by time 1-4 ; // *~rt39min*200 Free; 45sR  
50EZ // *rt48min*  
100 Free, Fast; 30sR  
50 Free Fast  
50 EZ  
  
**Main 2:** ~15min ~ [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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