**District event Focus Day   
WU** 6s-1k-2p-1im ~ f4:15pm [1000]

**K:** Fast-med-slow 7min +1 [300 //1300]//~22m

**Dr/Tech**  
Open Turns – in-place

**Main 1) Group Str and Short Dist** [800 //1950 t~41min]  
4 X {   
 - 25 Build + 25 Fast; 5sR;  
 - Fast 50 Str; 10sR  
 - 25 Build + 25 Fast; 5sR;  
 - Fast 50 Free; 10sR } extra 20sR between sets of 4x 50s  
  
**Main 1)** Free/Dist.  
 10 X 100; 15sR; 15min //

**Main 2)** Last12 min swim  
} ~10min [450 // s2400 d2600] //~52min

**Main 3) all BP, Build**9X50 { 3x (3-5, 5-5, 5-7); 5sR } [450// s3050 t~62min]  
  
**Main 3)** all [700 // s3750] ~16min // t~78min  
300 scull  
400K no board (Freestylers - on back flutter; Stroke Group all Str)

**Dive Sprints if time** /~12min // t~90min