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| Fri 2/12: Gym opens 7:30am, Pool opens 7:30am, Warm-ups 7:30am-9:30am, Start 10:00am |
| Sat 2/13: Gym opens 10:30am, Pool opens 10:45am, Warm-ups 11:00am-12:30pm, Start 1:00pm |

**Plan:** 50 to 200 People, do 1 set, then Turns**,** then 2nd set, then the Dive work   
  
**WU** 400S + 400S + 150K + 100P [1050] 23min  
K 12 x 25 Fr/Chc {25 burst start + 25 burst finish within each 25 } 20sR ~8min [400/1500] /~e8:01pm  
--1mR—  
4 X 50 Sw {Build; Chc; 30sR} ~4.5min [200/1650] ~f8:07pm  
--1mR-- e8:08pm  
Free - (sprint vs long) - 6min.  
Turns – pike, freestyle T-count, hard push-offs ~6min/~f8:18pm  
  
**500 People**  
1 X 500 Fr {all Med Hard paced except final 100;  
1st-3rd 100 Focus: Perfect Stroke  
4th 100 Fc: Hard turn push-offs  
5th 100 Fc; Hard w/Kick  
100 EZ w/DTR  
5 X 100 Fr; 20sR Perfect Stroke; Hard; then Join rest at **[2]**

**[Short Dist. People]  
1] this first.**> 3 X { 3 X 50 as : DTR  
 1) Dr/Sw by 25; Perfect Medium;  
 2) Med Hard  
 3) Hard   
} 11min - 1 mR -  
> 3 X { 1) 50Sw (Med-Hard Perfect; 20sR)  
 2) 25 Kick Hard; 20sR } ~6min - 1mR -  
> 9 X 25 {alt. 2 Hard Sw, 1 Med-Hard K.; DTR}  
> 25 EZ ~10min --1mR-- /~e8:48pm  
**2]** then Pick 1 of the following  
**200 people.**   
3 X 100 {25 Hard + 25EZ+ 25 Hard + 25 EZ) your stroke; DTR [6m]  
**100 people:** 4 x 50 . DTR, alt strokes by 50 [5m]  
**50 people**: 8 x 25. DTR, 2 Str. 1 Fr. Or IM order for IM’ers [5m]  
**100 EZ**