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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 [1100] 23min  
K 12 x 25 { 25 burst start + 25 burst finish } 20sR ~9min [400/1500] /~e8:31pm  
--1mR—  
4 X 50 Sw {25 Build + 25 Fast; Chc; 30sR} ~4.5min [200/1650] e8:37pm  
--1mR-- e8:38pm  
Free - (sprint vs long) - 6min.  
Turns – Precise Turns, Low open, fast, w/ hard streamline push-offs ~13min/~e8:55pm  
  
**500 People**  
1 X 500 Fr {all Med Hard paced except 4th 100;  
1st, 3rd ,5th 100 Focus: Perfect Stroke  
2nd 100 Fc: Hard push-offs on turns  
4th 100 Fc; Hard w/Kick  
100 EZ w/DTR  
5 X 100 Fr; 20sR Perfect Stroke; Med Hard; then Join rest.

**Short Dist. People**> 3 X { 2 X 50 as : DTR; Your Stroke;  
1) Med Hard; Perfect;  
2) Hard;  
} 8min + 50 EZ + 1 mR  
  
> 3 X { 1) 50Sw (Med-Hard; Perfect ; 20sR)  
 2) 25 Kick Hard; 20sR } ~6min - 1mR -  
> 6 X 25 {alt. 2 Hard Sw, 1 Med-Hard K.; DTR} + 25 EZ ; ~7min --1mR-- /~f9:15pm  
Dives: 1 Full 25 sprint, 3 x 25 Dive Burst