***(All Groups Agenda)*** *-* Back.dryland: ba position w/ 1min head lift.  
 **WU** 400 Free (every 4th 25=Ba) – 100 K – 300 Fr(every 4th 25 Back) [800] go until 5:46pm  
  
**Kick Set 1.** 8 X 50 @ 1:00/1:15/1:30, 5X Free(no board, on back streamline) , 2X Fly, 1X Chc [400/1200]

**Tech 1 –** Back ~10min (all groups/Coach) //f~5:56p [100]  
ba position w/ 1min head lift.

**Tech Set 1** – ~16min/f~6:13pm) [600/1900]  
 12/10 x 50 {all: 1st ½ of 1st 25 = Drill; 5sR  
 - odds: 50 Ba (1st 25 Focus technique, 2nd 25 is Build to fast)  
 - evens: 25Ba+25Fr   
 Drills: 3L 3R, double-arm, “L” drill 3s-hold switch

**Kick Set 2.** 200 Free streamline on back (1st 100 w/brd, 2nd 100 no brd) [200/2100] ~5min/~f6:19pm  
  
**Main Set 1**  ~27min[1300//3400]   
 8 X 75's 75’s Mixed IM; 10-15sR; ~12min/~f6:30  
 e.g.:(25 Fly+25Fr+25Fly, 25Ba+25Fr+25Ba, ...)  
30sR  
 8X50 Sprint Str + 25 Fr Recover, IM order 2@ str; 5sR (Fly+Fr, Ba+Fr,…) ~8min  
 300 scull(100 high wipers+100 mid+100bottom) ~6min/~f6:45pm  
  
BDS8:46pm ~3-4min  
Cat -n- Mouse  
Dives if time

**Speed Pace Terminology (future use)**  
**CALM** – pace used if competing in a 400-800 free  
**TROUT** 200<400 (closer to 200)  
**OTTER** 100<200  
**SHARK** 50<100  
**TUNA** !!! maxed… ultra sprint that can only be sustained maybe 3sec.