**Focus: Back, IM, Ind Dives and Sprints**

**WU** 3s-1k-1p-1im-2s ~ f8:15pm [800]

**Kick Set** ~10min//26min ~f8:26pm [300//1200]  
Slow-Med-Fast by coach. 400.

**Tech Drill:** Ba [8:27-8:39] [400//1600]  
~8x50’s. UW kicking on back.

**Main 1:** [1400 // 3000] ~{[6minK, 16.5minS=~23min]} ~8:41p-9:03pm  
3X 50 Fly Drill/Sw ;5-10sR; ~3min  
100K Fly  
4x 50 Br Drill/Sw ;5-10sR; ~3:40min  
100K Br  
5x 50 Ba Dr/Sw ;5-10sR; ~4:15min  
100K Ba  
6x 50 Fr {1-2 full Build, 3-4 (BP 5-7), 5-6 Fast; 5-10sR}; ~5:30min  
100K Fr  
  
**Dives and Sprints** [75 // 3075]  
  
  
---  
**Main 2:** Pull  
400 IM Pull by 50; 10sR  
[400 // 3400] ~12min. 8:57-~f9:12pm  
  
9:27pm **BD Swim** 3min. (Jessica)