**Notes:Get District Preferences  
Plan:** 50 to 200 People, do 1 set, then Turns**,** then 2nd set, then the Dive work  **SMWU** 300-500S + 150K + 2x100 Dr/Sw + 3x50 Build [1000] 20min  
  
**K** 12 x 50 { 25 burst start + 25 burst finish } 20sR ~16min [400] /~f8:08pm  
4 X 50 Sw {Build; Chc; 30sR} ~4.5min [200/1650] ~f8:13pm + --1mR-- ~f8:14pm  
**Tech and Drills**

**500 People** { DTR at the 500; all hard;  
500 Fr straight; Focus (hard push-offs with a dolphin or two Every turn)  
+50 EZ (within the DTR)  
- work flip turns for 5min ~14-15min  
  
**200 People**  
2 X 200 {All Hard; DTR; focus each as:  
1) concentrate hand entry placement  
2) hard push-offs with a dolphin or two Every turn  
3) no breath until into 3rd stroke Every turn} ~11min  
((2nd)) 1st set of 50's or 100 Main  
  
**50 Fr People**8 x 50’s {(Str People alt Fr/Str by 50); all Hard. 30sR} ~9min/~e8:09pm  
1mR  
4 X 75 Str (or Fr.P do all Fr); DTR ~8min  
2 X 75 Fr; DTR ~4min  
50 EZ ~2min [900/2300] /s14min/ ~e8:29pm (~22min)  
  
**100 People**  
4 X 100 {DTR - hard  
1) Str – straight –> 50 Build + 50 Hard  
2) Strt – Dr/Sw by 25 (Sw is Hard)  
3) Strt – Fr – all Hard  
4) Strt – Dr/Sw by 25 (Sw is Hard)  
} ~12min [300/2600]  
50 EZ/ ~e8:50pm  
((2nd)) 1/2 of 50 set - ~11min/~23min  
  
**Dive** Sprints { Chc; } ~10min  
1 x 50, 1 X 25, 3 X 25 break-outs  
50 EZ [150/2750]  
 **Relay Exchanges**