Friday, October 20th – 8-10:30AM

1. \*Schedule – Saturday! VO2 Max, Dryland!
2. \*Training Lanes – Friday AM!
3. College Visits/Decisions – \*Tim? Amilia, Cole, Kyle, Nick! \*\*Noah?
4. \*Service Project – Ellen – See Coach Keller – Mybeck?
5. \*Fall Break – Kylie, Hannah P., Kyla, Savannah, Kyle, Anna S., Eric, Chris, Cory, Sarah, Emily, Peyton? Workouts Posted on Group Page!
6. \*Team Activity – F PM – Movie Night – Amilia’s!
7. \*HS Team – Girls next Monday! Forms? Team Suits!
8. \*Monster Splash – Comment! Past Time Sheets! Medals! Check Folders!
9. \*Munster Entries – Done – View!
10. Tiger Up Cheer!

8:05 Switch Pool – LCM Set-up!

8:25 Tubing/Ab Routine

9:05 W/U:

3 x

S – 300/250(5-6)/200(7-8) Free x 4:30 w/ great technique/stroke maintenance – Descend round 1-3!

D/S – 200/150(7-8) x 3:20 w/ Rd 1 – fly, Rd 2 – Back, Rd 3 – Breast – All 25 Drill/25 Swim!

K – 100/50(7-8) Best Kick – CI x 1:50 w/ Rd 1 – moderate/fast by 25, Rd 2 – fast/moderate by 25, Rd 3 – fast/moderate by 50!

:30RI after Rd 3 then

S – 200 IM w/ strong/fast by 25’s!

9:30 S – 4 Rounds of (1 x 200/150(7-8) Free – Descend + 4 x 25 Variable Speed - IM Order) May use

snorkels/paddles on 200’s!

200/150(7-8) x 2:45(1)/2:50(2)/3’(3-4)/3:10(5-6)/2:30(7)/2:40(8)

4 x 25 x :40(1-6)/:45(7-8) Fly

200/150(7-8) x 2:45(1)/2:50(2)/3’(3-4)/3:10(5-6)/2:30(7)/2:40(8)

4 x 25 x :40(1-6)/:45(7-8) Back

200/150(7-8) x 2:45(1)/2:50(2)/3’(3-4)/3:10(5-6)/2:30(7)/2:40(8)

4 x 25 x :40(1-6)/:45(7-8) Breast

200/150(7-8) x 2:45(1)/2:50(2)/3’(3-4)/3:10(5-6)/2:30(7)/2:40(8)

4 x 25 x :40(1-6)/:45(7-8) Free

Continued below….

10:10-15 Rainbow!!!

S – 2 x 400/350(5-6)/300(7-8) x 5’(1)/5:10(2)/5:30(3-4)/5:05(5-6)/4:45(7)/5’(8) w/ HR No Higher than 24 – Focus on stroke specific technique including body position/posture/Lines – may use snorkel

S – 2 x 300/250(7-8) x 3:55(1)/4’(2)/4:15(3-4)/4:30(5-6)/4:05(7)/4:15(8) w/HR 26 – Focus on stroke specific technique including breath timing – may use snorkel on #1. Also, work underwaters!

S – 2 x 200/150(7-8) x 2:40(1)/2:45(2)/2:55(3-4)/3:05(5-6)/2:30(7)/2:40(8) w/ HR 28 – Focus on stroke specific technique including turns – no snorkel!

S – 2 x 100 x 2:15(1)/2:20(2)/2:30(3-4)/2:40(5-6)/2:50(7)/3’(8) HR 30 w/ 1:1 Work/Rest – Build to turns – Challenge Stroke Maintenance – 400 Pace!

S – 3x 50 x 1:30(1-2)/1:35(3-4)/1:40(5-6)/1:45(7-8) w/ HR 30+ w/ 1:2 Work/Rest – All 1 Stroke @ 200 Pace!

S – 4 x 25 x :45(1-6)/:50(7-8) w/ HR MAX w/ 1:3 Work/Rest – IM Order – FAST!

10:20 Loosen up until 10:20!

10:30 Switch Pool + Tiger Up Cheer + Team Information – Above + Breakfast!