Friday, December 29th – 6:30-9:30AM – LCM

7:30 Dryland

7:40 Transition to Pool

7:45 Tr. Lanes – 1 = 1-2; 2 = 3; 3-4 = 4-6; 5 = 7-8; 6 = 9; 7 = 10!

Coach Haley – “Water is essential for life…and coffee!”

8:30 W/U:

S - 300 Free x 4’(1-2)/4:15(3-4)/4:30(5)/5’(6)/5:45(7) - Stroke maintenance – 3 Focal Points!

K – 1 x 200/150(5-6)/100(7) x 4’(1-4)/3:15(5)/3:30(6)/2:30(7)– All Body Position – Fast/Strong by 50!

D/S – 2 x 50 x 1’(1-5)/1:05(6)/1:10(7) – Fly w/ 1 – Drill/2 – Swim-Build!

:30RI

S - 200 Free x 2:40(1-2)/2:50(3-4)/3’(5)/3:20(6)/3:50(7) – Stroke maintenance – 2 Different Focal Points!

K – 2/1(7-8) x 100 Best Kick x 2’(1-4)/2:10(5)/2:20(6)/2:30(7) – All Body Position – Fast/Strong by 25!

D/S – 4 x 50 x 1:05(1-5)/1:10(6)/1:15(7) – Breast w/ 1 – Drill/2 – Swim-Build; Repeat!

:30RI

S - 100 Free x 1:20(1-2)/1:25(3-4)/1:30(5)/1:40(6)/1:55(7) – Stroke maintenance – 1 Additional Focal

Point!

K – 4/3(5-6)/2(7-8) x 50 Best Kick x 1’(1-4)/1:05(5)/1:10(6)/1:15(7) – All Body Position – Fast!

D/S – 6 x 50 x :55(1-5)/1’(6)/1:05(7) – Back w/ 1 – Drill/2+3 – Swim-Build; Repeat!

:30RI

DS – 200/100(7-8) IM w/ 25 drill/25 swim-build

9:00 S – Active Rest/Recovery

1 x (300 Free + 100 Fly/Back - Broken 25 + 75) w/ free x 3:45(1-2)/4’(3-4)/4:15(5)/4:45(6)/5:30(7) w/ stroke x 1:40(1-4)/1:45(5)/1:55(6)/2’(7)

2/1(6-7) x (200 Free + 100 Back/Breast - Broken 50 + 50) w/ free x 2:35(1-2)/2:45(3-4)/2:55(5)/3:15(6)/ 3:45(7) w/ stroke x 1:45(1-4)/1:50(5)/2’(6)/2:05(7)

3/2(5)/1(6-7) x (100 Free + 100 Breast/Free - Broken 75 + 25) w/ free x 1:20(1-2)/1:25(3-4)/1:30(5)/1:40(6) /1:55(7) w/ stroke x 1:50(1-4)/1:55(5)/2:05(6)/2:10(7)

9:15 S –

4 x 25 – Fly x :35/:40(5)/:45(6-7) @ 100 Tempo!

3 x 50 – Breast x 1:15/1:25(5)/1:35(6-7) w/ 25 w/ 1 stroke up/1 stroke down; 25 swim @ 100 Tempo!

2 x 100 – Back x 1:30/1:40(5)/1:50(6)/2’(7) w/ 5 UW Kicks MINIMUM off wall then swim-maintain stroke counts each length – Build to 200 Tempo!

1 x 200/100(5-7) – Free @ Mile Pace – hold stroke counts!

9:25 KD – 7 x 50 x :05RI Choice of stroke – K/D by 25!

9:30 Remove Lanelines – Team Information/Tiger Up!