Friday, July 6th – 6-8:30AM + 9-11:30AM – LCM

CULTURE OF EXCELLENCE – Have a Purpose – Create Great Habits – Accept Challenges – Thrive – N.O. F.E.A.R. – FAST Swimming IS A CHOICE! Championship Thinking! TIGERS!!!

“Great Teams hold each other accountable, not to rules, but to a standard of Excellence and also to their core values.” T.I.G.E.R.S.

“It’s not all about talent. It’s about dependability, consistency, being coachable, and understanding what you need to do to improve.” Bill Belichick

6:20/9:20 Dynamics + Team Info.

6:35/9:35 S – 800/700(6-8)/600(9-10) Free w/ Fly 1st 25 of each 100 – w/ Fins!

\*Expand Lanes when done!

6:45/9:45 – 8/6(9-10) x 50 x 1:05/1:15(9-10) w/

1-2 – Flutter w/ board/snorkel – Build to FAST – emphasize downkick

3-4 – Dolphin w/ snorkel – head lead – strong – emphasize upkick

5-6 – Flutter – streamline on back – Build to FAST – emphasize downkick

7-8 – Dolphin w/ snorkel – arm lead – strong – emphasize upkick

7:00/10:00 S – 8/7(6-8)/6(9-10) x 1:30(1-2)/1:35(3-5)/1:40(6-8)/1:45(9-10) w/ Fins/Paddles – Descend/Ascend – Focus on Catch, DPS, Leg Drive – Max 4 Pace!

7:25 KS – Friday Flyday!

4x

K – 50 x 1:15 streamline dolphin on back

VK – 3 sets of :10 on/:10 off w/ 1 – hands on shoulders, 2 – hands above surface, 3 – hands streamline – All FAST!

VS – 2 x :30 on/:30 off w/ 1 – Push-off bottom each rep, 2 – One push off bottom – All Vertical Fly – Explode!

S – 50 x 1:15 Fly w/ UW Kick Count – Odd #? Swim w/ Build to FAST – Count Strokes!

8:00 IM/Back Aerobic/Pace Set:

200 FRIM w/ 25 Drill/25 Swim x 3:20/3:40/4’

4/3(9-10) x 150 w/ 50 IMO/100 Free x 2:20/2:35/2:50

200 FRIM w/ 25 Drill/25 Swim x 3:10/3:30/3:50

4/3(9-10) x 100 w/ 50 IMO/50 Free x 1:30/1:40/1:50

200 FRIM w/ 25 Drill/25 Swim x 3’/3:20/3:40

4/3(9-10) x 50 IMO x 1’/1:05/1:10

200 EZ

FRIM Drills: Free – Reverse Catch-up/Back – 2R/2L / Breast – 1 Up/1 Under from Double Pull-outs!

FRIM Swim w/ DPS – Maximize Efficiency! \*Backstroke Option!!

IMO 50’s – FAST!!! Count Strokes! Lane 9-10 – Pick one stroke to omit!

\*2:15/2:30un/2:30up

8:20 S – Free or Breast Set: Choose - \*Must be sub 1:30 LCM!

Breast Option: 3x

50 x 1:30 from Push – Ct. Strokes – Max Efficiency – The Line!

Weighted Pull-out from Bottom x 2 + Non-Weighted Kick-Up x 1’ - Repeating\*

:30RI

25yd x 1’ Pull-outs!

50 x 1:30 from Dive – Beat 2nd 50 of best 100!

Free Option: 3x

25 x :50 from Start – NO Breath – All OUT FAST w/ Flip turn – Feet to Bottom

20 x :40 Strong w/ 5 stroke FAST turn drill – NO breathe into turn!

3 x 50 x 1:15 w/ 1 – 400 Pace; 2 – 200 Pace; 3 – 2nd 50 of 100 from dive

100 x 2’ Touch and Pull w/ Paddles

8:30 Loosen – Coach Choice until 8:30 – Tiger Up!