Friday, December 22nd – 3:10-5:40PM

3:15 Team Information!

3:55 W/U:

S – 300/200(9-10) Free x 3:35(1-3)/3:45(3-6)/4’(7)/4:10(8)/3’(9)/3:30(10) - Str. maintenance – 3 Focal Points!

K – 3/2(9-10) x 100 Best Kick x 2’/2:15(9-10) – All Body Position on correct side!

D/S – 12/8(9-10) x 25 x :30/:35(9-10) – Fly w/ 2 – Drill/1 – Swim-Build/1 – FAST!

:30RI

S – 200/150(9-10) Free x 2:20(1-3)/2:25(3-6)/2:35(7)/2:40(8)/2:15(9)/2:35(10) – Stroke maintenance – 2 Different Focal Points!

K – 4/3(7-8)/2(9-10) x 50 Best Kick x 1’/1:05(7-8)/1:10(9-10) – All Body Position – Fast/Strong by 25!

S – 8 x 25 x :35/:40(9-10) – Breast w/ 2 – Drill/1 – Swim-Build/1 – FAST!

:30RI

S - 100 Free x 1:07.5(1-3)/1:10(3-6)/1:15(7)/1:17.5(8)/1:30(9)/1:45(10) – Stroke maintenance – 1 Additional Focal Point!

K – 4/2(7-10) x 25 Best Kick x :30/:35(7-8)/:40(9-10) – All Body Position – FAST!

S – 4 x 25 x :25/:30(9-10) – Back w/ 2 – Drill/1 – Swim-Build/1 – FAST!

:30RI

DS – 200/150(9-10) IM w/ 25 drill/25 swim-build to race pace

4:25 S – 3x

4/2(9-10) x 25 – Fly x :30/:35(7-8)/:40(9-10) w/ 5-9 U/W Kicks off wall then “Swim” Fly – w/ GTD! NO Struggle Fly - Switch to Free! Fly Swim @ 100 Tempo!

3/2(9-10) x 50 – Breast x 1:10/1:15(7-8)/1:20(9)/1:25(10) w/ 25 w/ 1 stroke under/1 stroke surface; 25 swim @ 100 Tempo!

2 x 75 – Back x 1:15/1:20(7-8)/1:25(9)/1:35(10) w/ 5-7 UW Kicks MINIMUM each 25 then swim-maintain stroke counts each length @ 200 Tempo!

1 x 100 – Free x 1:20/1:25(7-8)/1:30(9)/1:45(10) @ 1000 Pace – hold stroke counts!

4:35 P – 1 x 800/700(7-8)/600(9)/500(10) x 10’ w/ Paddle and Fins – Guide Arm w/ Leg Drive!

5:25 Rainbow!!!

S – 1 x 400/350(8)/300(9)/200(10) x 4:20(1-3)/4:30(3-6)/4:50(7)/4:25(8)/4:15(9)/3:30(10) w/ HR No Higher than 24 – Focus on stroke specific technique including body position/posture/Lines – may use snorkel

S – 2 x 300/275(8)/250(9)/150(10) x 3:22.5(1-3)/3:30(3-6)/3:45(7)/3:15(8)/3:40(9)/2:45(10) w/HR 26 – Focus on stroke specific technique including breath timing – may use snorkel on #1. Also, work underwaters!

S – 3 x 200/150(9)/100(10) x 2:20(1-3)/2:25(3-6)/2:35(7)/2:40(8)/2:15(9)/1:50(10) w/ HR 28 – Focus on stroke specific technique including turns – no snorkel!

S – 4/3(9-10) x 100 x 1:55(1-3)/2:05(3-6)/2:15(7)/2:20(8)/2:35(9)/2:50(10) HR 30 w/ 1:1 Work/Rest – Build to turns – Challenge Stroke Maintenance – 500 Pace!

S – 8/6(8-10)x 50 x 1:25(1-3)/1:30(3-6)/1:35(7)/1:40(8)/1:45(9)/1:55(10) w/ HR 30+ w/ 1:2 Work/Rest – Back or Free or 1/2 of each stroke @ 200 Pace to Feet!

S – 16/12(7-10) x 25 x :45(1-3)/:47.5(3-8)/:50(9)/:55(10) w/ HR MAX w/ 1:3 Work/Rest – Fly/Breast or Back - 1/2 of each – FAST!

1’RI then Drill 25’s – Choice x :05RI until 5:20!

5:40 P – 1 x 800/700(7-8)/600(9)/500(10) x 12’ w/ Fins – Mix Free and Back!