Friday, April 6th – 4-6PM – Spring Break

4:05 Team Meeting – Team Information!

CULTURE OF EXCELLENCE – Have a Purpose – Create Great Habits! LEAD!

-People respect those who’s actions speak for themselves!

4:30 w/u

S – 4 x 100 x :05RI Free – Descend to Strong – Stroke Maintenance!

KD – 8 x 50 x :10RI w/ Flutter/Free w/ 25 streamline kick - 360 + 25 w/ Touch and Pull!

S – 16 x 25 x :15RI IM – Odd Rounds - Swim with great technique/Even Rounds - Build to strong with emphasis on a strong finish

5:05 SKD – 5 Rounds of 200 Swim + 50 Kick (choice of kick – body position) + 50 Choice of Stroke – NO Free

- 200’s free w/ paddles – Descend to Strong w/in each 200 – maintain stroke count! 200’s x :20RI. - Kick x :10RI – descend to Fast – Rd 1-5. - Stroke x :20RI w/ 25 drill/25 build to strong!

5:30 SK – 1 Round

400 w/ 150 Free/50 Back x :20RI

3’ Kick w/ board/snorkel – Flutter x 1’RI

300 w/ 100 Free/50 Back x :15RI

2’ Kick w/ streamline on back – Flutter x 1’ RI

200 w/ 50 Free/50 Back x :10RI

1’ Kick w/ stick on back – Flutter x 1’RI

100 w/ 25 Free/50 Back/25 Free

5:50 Width of Pool – Underwater Kicking

K – 25’s x CSO

1 – Head Lead Undulation – Stomach/Back/Side

2 – Arm Lead Undulation – Stomach/Back/Side

3 – Corkscrew

\*All w/ 1 – Technique, 2 – Speed

\*\*Vertical Dolphin Kick w/ Hands at Side – until ALL done!

5:55 SD – 3 x 100 x :15RI Free w/ 25 swim/50 drill/25 swim

6:00 Lanelines – switch Pool!

Tiger Up!!!