Monday, July 2nd – 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.

6:15/9:15 Dynamics + Team Info.

6:25/9:25 S – 400 Free/Back – Mix as choose

6:50/9:50 DS – 24 x 50 x CSO w/ Odd - 25 Drill Sequence + 25 Touch and Pull Progression, Even - 50 w/

Stroke Maintenance and breathing pattern w/ 2 sets of 4 w/ 1st – Breathe ev. 9, 2nd – Breathe ev. 7th, 3rd –

Breathe ev. 5th, 4th – Breathe ev. 3rd or use snorkel! 3rd set of 4 w/ snorkel! Stroke counts! !

\*Free Focal Points: head/body position, streamlined body, balance point, rhythm and timing, engaged

core, efficient kicking! \*All w/ Fins!

1. Arm Lead Balance – Position 11 from float w/ snorkel
2. Arm Lead Balance w/ streamline 360 from float
3. 2x Arm Lead Balance w/ Right then Left from vertical kick
4. 2x R/L Arm breathing towards w/ Guide Arm - \*Engaged hands/Forearms! \*Breathe Timing! VK!
5. 2x R/L Arm breathing away from vertical kick!
6. Reverse Catch-up from \*push-off w/ snorkel
7. 2x Hand-Hits – 7 then 5 from push-off w/ snorkel!
8. Touch and Pull Drill w/ great push-off/UW!!! Leg Driven, Front Quadrant Swimming last 25! Use Snorkel

7:05/10:05 KS – 12 x 50 x :55/1’/1:05 w/ 25 Kick Flutter – body position + 25 free w/ great technique – may use paddles! Descend 1-4, 5-8, 9-12.

7:10/10:10 S – 6 x 50 x :50/:55/1’ – Free w/ stroke counts – Build to Great Finish ea. 50!

7:35/10:35 Pre-Main Set: S – 6/5/4x 50 + (75 + 25) + 50

1st 50 x :45/:50/:55/1’ – Build to Strong – to 400 Pace – Ct. Strokes

Broken 100 x 1:35/1:45/1:55/2:05 – 75 x 1:15/1:20/1:25 @ 1500 Pace/25 x :30/:35/:40 @ 200 Pace

2nd 50 x :50/:55/1’/1:05 – Great Technique – Ct. Strokes

\*1-2/3-4/5-8/9-10

7:50/10:50 S – 1 x 800-500 w/ Fins/Paddles/Snorkel

\*Move Lanes – Best Free Race – 400/200/100?

8:15/11:15 S- Free

400’s – 12 x 100 (Mile Pace) + 6 x 50 (400 Pace)

100’s x 1:20/1:25/1:30; 50’s x 1:10/1:15/1:20

200’s – 3x (4 x 100) w/ Set 1 - Desc. 1-3; Set 2 - Last 50 – 200 Pace; Set 3 – Last 25 – FAST

Rd 1 - 1:30/1:35/1:40; Rd 2 – 1:35/1:40/1:45; Rd 3 – 1:40/1:45/1:50

100’s – 3 x 100 + 4 x 75 + 6/4\* x 50 w/ 100’s – Last 35 FAST; 75’s – Last 25 FAST; 50’s – Last 15 FAST

100’s x 1:30/1:35/1:40/1:45; 75’s x 1:20/1:25/1:30/1:35; 50’s x 1:10/1:15/1:20/1:25

1’ RI

K - 8 x 25 x :30 w/ Fins w/ Odd – Strong/Even – FAST! Odd – Streamline 360; Even – Streamline on Back

8:25/11:25 SD – 1 x 800-500 w/ Fins w/ 50 stroke/50 drill

8:30/11:30 Tiger Up! \*2nd Group – Flip Pool!