Saturday, October 21st – 7-11AM

1. \*Schedule – Today! VO2 Max, Dryland! Next Week – M AM National Group! PM – HS Girls Begin – Groups!
2. \*Training Lanes – Saturday AM!
3. College Visits/Decisions – \*Tim/\*\*Noah? Amilia, Cole, Kyle, Nick!
4. \*Fall Break – Kylie, Hannah P., Kyla, Savannah, Kyle, Anna S., Eric, Chris, Emily, Morgan, Kara? Workouts Posted on Group Page! \*Attendance!
5. \*Team Activity – F PM – Movie Night – Amilia’s?
6. \*HS Team – Girls next Monday! Forms? Team Suits!
7. \*Monster Splash – Comment! Past Time Sheets! Medals? Check Folders!
8. \*State of the Team – VCC/Fall Update!
9. Tiger Up Cheer!

7:05 Team Information – View Above!

7:40 Race Performance Warm-up:

SKDS – 4 x 100 x :20RI All w/ swim stroke specific technique, kick – streamline 360, drill w/ hand hits, swim last 25 – build – challenge strokes!

KDS – 6/4(Ex) x 75 x :15RI IM Order 1st 3 w/ last 3 – Free! Swim is Great Technique!

DS – 8 x 50 x :10RI w/ 1st 4 IM Order – 25 Drill-25 Swim-Build to Strong/last 4 – Free – Swim w/ Stroke Maintenance!

S – 6 x 100 x :15RI w/ 2 sets of 3! Each set – 1 – mile pace, 2 – 1000 pace, 3 – 500 pace!

SDK – 4 x 75 x :20RI IM Order – 1 of each stroke!

8:00 FHS Stretch Routine – Discuss VO2 Max Set!

8:10 S – 16 x 25 x :35 Var. Speed – 4 sets of 4 w/ each set choice of stroke

9:00 VO2 Max Set:

S – 4 x “500” x 12’ Free w/ each 500:

200 x 4’ Off Block – Set-up Pace

150 x 3’ from Push – Maintain/Build Pace

100 x 2’ Off Block – Push Pace/Race

50 x 1’ from Push – SPRINT

+ 2’ Active Rest/Recovery! \*Record Times!

9:15 SD – 10/9(7-8)/8(9-10) x 100 x 1:20(1-2)/1:22.5(3-4)/1:27.5(5-6)/1:30(7)/1:32.5(8)/1:40(9)/1:45(10) Free – Ascend 1st half/Drill 2nd half! Great Technique!!

9:30 Skill Time

9:45 Transition to Dryland

10:45-11 – Dryland