Saturday, December 23rd – 7-9:30/11AM

7:05 Team Information

7:15 SKDS – 5/4(9)/3(10) x 100 x :15RI All w/ swim from the core w/ build, kick, drill from this season, great DPS on last swim 25 – stroke ct. maintenance from 1st 25!

7:25 K – 4/3(9)/2(10) x 100 x :15RI Descend – Best Stroke Kick. All body position kick!

7:30 D – 3 x 100 x :15RI IM – All Drill – Choice from this season!

7:40 SD – 8/6(9)/4(10) x 50 x 1:05/1:10(9)/1:15(10) w/ 1st 4 – IM Order/2nd 4/2 – choice of stroke w/ 12.5 underwater/12.5 build-swim to Fast turn/12.5 breakout/12.5 drill to finish.

w/ 100 IM Swim

7:50 S – 7/6(9)/4(10) x 50 x :55/1’(9)/1:05(10) w/ 2 rounds of 3 w/ each round 1650 pace/1000 pace/500 pace and #7/4 – 200 pace w/ great technique!

8:00 S – 8/6(9)/4(10) x 25 x :05RI Ascend – Free

8:20 Stretch, Loosen, Suit Up!

9:10 S – 6/\*8(9-10) x 100/\*50(9-10) x 8’/\*6’ Free/Stroke – Lactate Set!

9:25 W/D – 10/9(7-8)/8(9)6(10) x 100 x :10RI Free w/ Fin/Paddle – Ascend 1st half/Drill 2nd half w/ Fin Only!

11:00 Dryland

Group 1 – Lane 1-3

Group 2 – Lane 4-7

Group 3 – Lane 8

Group 4 – Lane 9

Group 5 – Lane 10