Saturday, July 7th – 7-9:30/10:30AM

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!!!

“Believing in yourself is paramount to success for any athlete.”

7:15 Dynamics – Two Groups – Boys/Girls

Tr. Lanes – 1-2 – 1:10un/3-4 – 1:15un/5-6 – 1:20un/7-8 – 1:25un/9-10

7:40 W/U:

4x 4:30 of 5’ Fartleks

#1 – w/ snorkel w/ 25 kick – streamline 360 + 25 Free w/ FP

#2 – w/ snorkel w/ 25 fists + 25 Free w/ FP

#3 – w/ snorkel w/ 25 TEXAS + 25 Free w/ FP

#4 – 25 Touch and Pull + 25 Free w/ FP

\*2x each 4:30 w/ 25 Sprint instead of FP

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

core, efficient kicking

7:55 KS – 2 Rounds of 4 x 50

\*1st Round w/ drag socks x 1:20 \*Lane 7-10 – no resistance!

\*2nd Round w/ fins x :50

1 – U/W – 13 kicks FAST/Dolphin to 35m/15m Free – FAST

2 – U/W – 11 Kicks FAST/Dolphin to 25m/25m Free – FAST

3 – U/W – 9 Kicks FAST/Dolphin to 15m/35m Free – FAST

4 – U/W – 7 Kicks FAST/45m Free – FAST

1’ RI

8:05 S – 600/500(7-8)/400(9-10) w/ Fins – 25 Stroke/75 Free w/ 5 underwater kicks off each wall – HR 25

8:25 U/W Kick Set: 4 x 4 x 25 Underwater Kick/Fly Swim w/ 100 after each set of 4!

1st 4 – Odd - Underwater to 10 then swim 15; Even – swim 15 then Underwater 10 x :50

100 x 1:40 Great Technique Free

2nd 4 – Odd - Underwater to 15 then swim 10; Even – swim 10 then Underwater 15 x :45

100 x 1:45 Great Technique Free

3rd 4 – Odd - Underwater to 20 then swim 5; Even – swim 5 then Underwater 20 x :40

100 x 1:50 Great Technique Free

4th 4 – Odd - Underwater 25; Even - Swim 25 x :35

100 x 1:55 Great Technique Free

\*Lane 7-10 w/ Fins!

8:35 S/D – 8 x 50 x 1’/1:05(7-8)/1:10(9-10) IM Order x 2 w/ 25 swim/25 drill – work underwater!

9:15 S –

6 x 100 x 3’

1 – ALL OUT – Free

2 – 25 FAST/75 Great Technique or Drill – Fly

3 – ALL OUT – Free

4 – 50 FAST/75 Great Technique – Back

5 – ALL OUT – Free

6 – 75 FAST/25 Great Technique – Breast

\*Free – As close to best time as possible!

\*Stroke – SPEED!!!

3’RI

10 x 50 x 1:05/1:10(5-8)/1:15(9-10)

-Odd – .45 – 13 UW Kicks/Great Technique Touch and Pull Free

-Even – Breast or Fly w/

-Breast – Maximal Pull-Out + Minimum Stroke Counts

-Fly – Kick Counts + Stroke Counts – Total #

2’RI

9:25 S – 8/6(5-10) x 100 x 1:20/1:25(3-4)/1:30(5-6)/1:35(7-8)/1:40(9-10) Ascend by sets of 2 – All w/ fins!

9:35 Transition to Dryland!

10:30 Dryland

Tiger Up!