Thursday, October 19th – 7-9:30AM

1. \*Schedule – This Week – Fall Break Plan?! Dryland, Power Sets, Aerobic/Skill/Drill!
2. \*Training Lanes – Thursday AM!
3. College Visits/Decisions – \*Tim? Amilia, Cole, Kyle, Nick! \*\*Noah?
4. Service Project – Ellen – See Coach Keller – Fall Break!
5. \*Fall Break – Kylie, Hannah P., Kyla, Savannah, Kyle, Anna S., Eric, Chris, Cory, Sarah, Olivia, Emily, Peyton? \*Finalize Training Plan? Workouts Posted on Group Page!
6. \*Custodial – locker rooms!!!
7. \*HS Team – Girls next Monday! Forms? Team Suits!
8. \*Monster Splash – Comment! Past Time Sheets!
9. \*Munster Entries – Done – View!
10. Tiger Up Cheer!

7:05 Team Information – see above!

7:35 W/U:

S - 1 x 400 free x 5:20 w/ Stroke Maintenance – 1 focal point

S – 4 x 100 free x 1:25 Descend 1-4 to CI Pace

S – 8 x 50 free x :50 w/ 25 Great Technique/25 build to fast

1 min RI

KDS - 4 x 75 x 1:20 choice w/ 25 – body position kick, 25 – drill, 25 swim/build

7:50 National Group: K – 4 x (4 x 25) w/

Rd 1 x :40 – Head Lead Dolphin Underwater – all sides then on surface.

Rd 2 x :35 – Arms Lead Dolphin Underwater – all sides then on surface.

Rd 3 x :30 – DPK, DPK w/ S, Kick on Back – Surface, Fast 25 – underwater on 1,2,4.

Rd 4 x :25 – 13 kicks, 11 kicks, 9 kicks, 7 kicks! On surface remainder of Distance!

\*Elite Group – w/ Fins!!!

8:00 D/S – 16 x 25 x :35 IM Order x 4 w/ odd – drill/even – swim – work underwater!

8:15 U/W Kick Set: 3 x 6 x 25 x :35 Fly Swim

1st 6 – Underwater w/ Fins to 12.5 then streamline dolphin on surface

2nd 6 – Underwater w/ Fins to 12.5m then Race/Swim to wall

3rd 6 – Underwater w/out Fins to 12.5m then Race/Swim to wall

8:25 W/D:

S – 8 x 25 free x :25 w/ Odd - Strong/Even - Great Technique

S – 4 x 50 free x :45 Ascend 1-4 from CI Pace

S – 1 x 200 free x 2:40 w/ Stroke Maintenance – 1 focal point

8:30 Transition to Dryland

9:30 Dryland