Tuesday, December 26th – 7:30-10:30AM – LCM

7:50 Tubing/Ab Dryland

7:55 Tr.Lanes – 1 = 1-2; 2 = 3; 3-4 = 4-6; 5 = 7-8; 6 = 9; 7 = 10!

8:05 SKDS – 6/5(5)/4(6-7) x 100 x 1:40(1-2)/1:45(3-4)/1:50(5)/2’(6)/2:15(7) All w/ swim 25, kick 25, drill 25, then DPS 25!

1’RI

8:30 SKD – 4 x 300/250(5)/200(6-7) x :30RI as:

#1 – Swim Free w/ snorkel/paddle w/ focus on Catch and leg drive

#2 – Kick – Descend w/in each 50 to Fast – Best kick – body position

#3 – Drill – All Choice – Progressive – Build Stroke!

#4 – Swim – Choice – Ascend by 50’s

1’RI

8:45 KS – 12/10(5)/8(6-7) x 50 x 1:10(1-4)/1:20(5)/1:30(6-7) w/ Fins:

Odd- 15-25 Kick Under/35-25 Swim w/ great technique

Even – 25-35 Swim strong/25-15 Kick Under – FAST

1’RI

9:15 SP – 3 rounds w/

1 x 150 x :10RI w/ 50RA/50LA/50 DPS

2 x 100 x :20RI w/ Swim – Great Technique

3 x 50 x :30RI w/ Swim – Descend to 200 Pace

Rd 1 – Fins/Paddles; Rd 2 – Paddles only; Rd 3 – NO Equipment

1’RI

9:20 S – 4 x 25 x 1’ FAST!!!

10:15 VO2 Max

Distance:

S – 4 x 400 x 12’ Broken Free – VO2 Max

w/ 150 x 3:30 from dive – going out pace for 400M – balance kick

 100 x 3’ from push – VO2 max pace – build legs

 100 x 2:30 from dive – VO2 max pace – strong legs

 50 x 1:30 from push – get home FAST w/ legs

\*1:30 active rest/recovery – in water + on deck!

\*Add up for 400 meter Time!

OR

IM:

S – 4 x 400 x 12’ Broken IM – VO2 Max

w/ 50 x 1:30 from push – set-up Fly – Balance Legs

100 x 2:30 from dive – VO2 max pace – Build Fly/Back w/ tempo

100 x 3’ from push – VO2 max pace – Build Legs Back/Breast w/ efficiency

150 x 3:30 from dive – Race Breast/Free w/ Legs

\*1:30 active rest/recovery – in water + on-deck!

\*Add up for 400 meter Time!

OR

Free/Stroke:

S – 8 sets of 4 x 50 w/ Descend 1-3 x 1:20 + #4 Active Rest (25 kick/25 drill ) x 2’! Descend by 5 seconds w/ #3 Off Block – AFAP!!!

10:25 S – Free w/ fins up to 10 minutes as 100’s – Ascend to Drill last 2 minutes!

10:30 Team Information! Tiger Up!