Tuesday, October 17th – 7-9:30AM

1. \*Schedule – This Week – Fall Break Plan?! Dryland, Power Sets, Aerobic/Skill/Drill!
2. \*Training Lanes – Tuesday AM Groups!
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. \*HS Team – Girls next Monday! Forms? Team Suits!
7. \*Monster Splash – Comment! Past Time Sheet!
8. \*Munster Entries – Done!
9. Tiger Up Cheer!

7:05 Team Information – see above!

8:00 Dryland

8:15 Transition to Pool

8:25 SKDS – 4 x 25 x :05RI + 3 x 50 x :10RI + 2 x 75 + :15RI + 1 x 100 x :20RI

25’s – Swim Free – Hold Stroke Count! Maintain or Descend Speed! May use snorkel!

50’s – Dolphin Kick – all sides!

75’s – Drill – Fly – Progressive!

100 – Swim Free – Hold Stroke Count! Maintain or Descend Speed! Great underwaters

8:40 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!!!

8:55 S – 800 w/ Fins – 25 Fly/75 Free w/ 3 underwater kicks off each wall – HR 25

9:10 S – 14 x 50 x 1’ w/ Fins – 25 underwater FAST + 25 SPRINT Free – Get Total Time! #5, 9, 12, 14 – EZ/

Smooth – choice of stroke! \*MAY do underwater flip turn at 25!

9:20 Cross-over Turns – to Wall – comment!!!

9:30 SKDS – 1 x 100 x :20RI + 2 x 75 + :15RI + 3 x 50 x :10RI + 4 x 25 x :05RI

100 – Swim Back – Hold Stroke Count! Maintain or Descend Speed! Great underwaters

75’s – Drill – Breast – Progressive!

50’s – Dolphin Kick – all sides!

25’s – Swim Back – Hold Stroke Count! Maintain or Descend Speed! Great underwaters!