Tuesday, December 26th – 3:10-5:55PM – SCY

3:20 Team Information! Tr.Lanes!

3:50 KDS – 4 Sets of 4/3(9)2(10) x 100 x :10RI + LSO ea. Rd w/ Drill Sequence + Swim w/ Stroke Maintenance!

Set 1/2 – Free; Set 3/4 – Back!

Set 1 – Arm Lead Flutter 25/5 hand hits w/ glide 25/Touch and Pull 25/Free w/ low stroke ct 25

Set 2 – Streamline 360 25/Touch and Pull 25/50 @ 500 Pace w/ stroke count

Set 3 – Arm Lead Flutter 25/2R-2L SA 25/Double Arm 25/Back w/ low stroke ct 25

Set 4 – Streamline 360 25/Double Arm 25/50 @ Build to 200 Pace w/ stroke count

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

efficient kicking, great catch, accelerate through finish!

4:20 SKD/S – 5/4(7-8)/3(9-10) Rounds of 200 Swim + 100 Kick (choice of kick – body position) + 50 Back

-200’s x 2:20(1-3)/2:30(3-6)/2:40(7-8)/2:55(9)/3:30(10) free w/ paddles – \*Descend to Strong – maintain stroke count!

-Kick x 1:50(1-6)/2’(7-8)/2:15(9)/2:30(10) – descend to Fast.

-Back x 1’(1-3)/1:05(3-6)/1:10(7-8)/1:15(9)/1:20(10) w/ 25 double Arm – Fast hands to recovery/25 build to FAST!

5:05 Pyramid Free Set w/ Race Pace (200) Stroke! CI/100 @ :10 Up/:7.5 Down!

100 Free @ CI +7 x 1:10(1-3)/1:15(3-6)/1:20(7-8)/1:30(9)/1:45(10)

1 x 50 Fly x 1’(1-6)/1:05(7)/1:10(8)/1:15(9)/1:20(10)

200/150(9)/100(10) Free @ CI +5 x 2:20(1-3)/2:30(3-6)/2:35(7)/2:40(8)/2:15(9)/1:45(10)

2/1(9-10) x 50 Back x 1:05(1-6)/1:10(7)/1:15(8)/1:20(9)/1:25(10)

300/250(8)/200(9)/150(10) Free @ CI +3 x 3:30(1-3)/3:45(3-6)/3:55(7)/3:20(8)/3’(9)/2:40(10)

3/2(7-8)/1(9-10) x 50 Breast x 1:10(1-6)/1:15(7)/1:20(8)/1:25(9)/1:30(10)

400/350(7)/300(8)250(9)/200(10) Free @ CI +1 x 4:40(1-3)/5’(3-6)/4:30(7)/4’(8)/3:45(9)/3:30(10)

3/2(7-8)/1(9-10) x 50 Free x 1:05(1-6)/1:10(7)/1:15(8)/1:20(9)/1:25(10)

300/250(8)/200(9)/150(10) Free @ CI +2 x 3:20(1-3)/3:35(3-6)/3:45(7)/3:15(8)/2:55(9)/2:35(10)

2/1(9-10) x 50 Free x 1’(1-6)/1:05(7)/1:10(8)/1:15(9)/1:20(10)

200/150(9)/100(10) Free @ CI +4 x 2:15(1-3)/2:25(3-6)/2:30(7)/2:35(8)/2:10(9)/1:40(10)

1 x 50 Free x :55(1-6)/1’(7)/1:05(8)/1:10(9)/1:15(10)

100 Free @ CI +6 x 1:07.5(1-3)/1:12.5(3-6)/1:15(7)/1:17.5(8)/1:30(9)/1:40(10)

1’RI

Challenge Swim – 100 Free w/ Fins – ALL OUT FAST! From Push! Then, EZ swim until 5:05!

Ln. 7/6 – Haflich/Frollo/Drake/Noah/Cory/Chris/Harris/Kuhn + Jackson\*; Ln. 5/4 – Silva/Savannah/Corinne /Mia/Peyton/Izzy/Abby; Ln. 3/2 – Morgan/Nicole/Kara/Kaycee/Emma/SJ/Pratt/Nusbaum/Kylie/Bruno/ Zoe/Tyler/Pedro; Ln. 1 – Emily/Lindsay/Anna/Nathan

5:25 S – 14(2:15u)/12(2:35u) x 75 x 1:10(2:05u)/1:15(2:15u)/1:20(2:25u)/1:25(2:35u) w/ 2 rounds of 7/6 - 75’s as 50 IM order (or stroke) + 25 free – 50 is swim strong/build into great turns + 25 RACE @ 100 Pace + up to +1.0!!! \*IM Split!

1-Fly-Fly-Free; 2-Fly-Back-Free; 3-Back-Back-Free; 4 – Back-Breast-Free; 5 – Breast-Breast-Free; 6 – Breast-Free-Free; 7 – All Free \*After round 1, swim great technique w/ stk ct. 2 x 50 on same interval – 1 – free, 2 - back!

OR Lane 8-10 – Ellen/Joel/Trevor + 9 + 10

5:25 S – 2 sets of 5 x 75 + 1 x 25 EZ w/ 75’s - #2/4 – ALL Out FAST! #1/3/5 – KDS - all x 1:30-1:45 \*May use fins on fly/Back if needed – Lane 9-10!

5:35 SD – 18/15(7-8)/12(9-10) x 25 x :05RI w/ 6-4 – Ascend Free; 6-4 – Free – Drill; 6-4 – choice!

5:50 FHS Stretch Routine!

5:55 Tiger Up!