Tuesday, April 3rd – Spring Break – 4-6PM

4:10 Team Information/Pool Set-up

4:35 w/u

S – 4 x 100 x :15RI Free – Descend 1-4 w/ Stroke Maintenance – Ct. by 50!

KD – 8 x 50 x :10RI w/ Flutter/Free w/ 25 streamline kick - 360 + 25 w/ 5 hand hits!

S – 12 x 25 x :05RI IM – IM Order w/ Fly/Breast – Work Underwater/Swim w/ Great Technique – NO Struggle Fly! Back/Free – Build to strong finish!

5:05 S – 4 Rounds:

1 x 200 x :20RI Free – Descend Rd 1-4 w/ #4 – Strong w/ Stroke Maintenance! May use Snorkel.

4 x 50 x :10RI Back – Descend w/in round of 4! Rd 3-4 – Use Fins!

5:40 KSD Set:

K – 10 x 50 x :10RI Choice of Kick by set of 2 – Use Fins!

Odd – EZ/FAST by 25

Even – FAST/EZ by 25

:30RI

S – 200 Free w/ Fins, Paddles and Snorkel w/ perfect technique

:30RI

D – 8 x 50 x :10RI IM Order w/ 2 of each stroke – Choice of Drills

:20RI

S – 150 Free w/ Paddles and Snorkel w/ perfect technique

:20RI

S – 6 x 50 x :10RI Backstroke w/ 2 Rounds of 1 – Great Technique, 2 – Build to Strong, 3 – 400 IM Pace

:10RI

S – 100 Free w/ Paddles or Snorkel

:10RI

K – 4 x 50 x :10RI ALL FAST!

1’RI

S – 1 x 50 Off Block – FAST!

5:50 Loosen – 300 Choice

6:00 Tiger Up!