Wednesday, December 27th – 6:30-9:30AM – LCM

7:30 Dryland

7:40 Transition to Pool

7:45 Team Information – Tr. Lanes – 1 = 1-2; 2 = 3; 3-4 = 4-6; 5 = 7-8; 6 = 9; 7 = 10!

Coach Haley – “We can only lead you to the water”.

8:05 SK – 4x 150 swim + 100 Kick

-S – 50 Free/50 Back/50 Choice (great technique) x 2:15(1-4)/2:30(5)/2:45(6)/3’(7)

-K – 50 head lead/50 streamline – Choice of Kick (strong) x 2’(1-4)/2:10(5)/2:20(6)/2:30(7)

8:30 SD – 2 sets of 4x 100 + 50

-S – 100 IM – Build w/in 100 strong finish x 1:30(1-2)/1:35(3-4)/1:40(5)/1:50(6)/2:05(7)

-D – 50 IM Order – Choice of Drill x 1:10(1-4)/1:15(5)/1:20(6)/1:30(7)

:30RI between sets

8:45 KS – 4 sets of 4x 50 + 25

-50’s – strong – streamline on back – CI Kick x 1’(1-4)/1:05(5)/1:10(6)/1:15(7)

-25’s – IM Order – Build/Swim to FAST x :35(1-4)/:40(5)/:45(6-7)

:15RI between sets

9:05 SD – 2 sets of 4x 100 + 50

-S – 100 Free – CI+5 (+15 LC) x 1:20(1-2)/1:25(3-4)/1:30(5)/1:40(6)/1:55(7)

-D – 50 Back – Choice of Drill x 1:10(1-4)/1:15(5)/1:20(6)/1:30(7)

:30RI between sets

9:25 KS – 4x 150 swim + 100 Kick – Fins!

K – 50 head lead dolphin/50 streamline 360 flutter x 1:50(1-4)/2:10(5)/2:20(6)/2:30(7)

S – 50 Free/50 Back/50 Free (great technique) x 2:15(1-4)/2:30(5)/2:45(6)/3’(7)

9:30 Remove Lanes – Tiger Up!