Wednesday, July 4th – 6-8:30AM + 9-11:30AM – LCM

CULTURE OF EXCELLENCE – Have a Purpose – Create Great Habits – Accept Challenges – Thrive – N.O. F.E.A.R. – FAST Swimming IS A CHOICE! Championship Thinking! TIGERS!!!

“Great Teams hold each other accountable, not to rules, but to a standard of Excellence and also to their core values.” T.I.G.E.R.S.

“It’s not all about talent. It’s about dependability, consistency, being coachable, and understanding what you need to do to improve.” Bill Belichick

6:20/9:20 Dynamics + Team Info.

6:30/9:30 S – 600/500(5-8)/400(9-10) Free/Back – Mix as choose

7:05/10:05 KDS – 3x

300/200\*(9-10) x :30RI w/ 50 kick/50 drill/50 swim w/ DPS per stroke

2/1(9-10) x 100 x :15RI w/ 1 – kick – 50 strong/50 fast; 2 – Kick – 25 strong/50 fast/25 strong – All K – BP!

2 x 50 x :10RI w/ Build to 200 pace w/in each 50

-Rd 1 – Fly/Back – May use Fins!

-Rd 2 – Back/Breast

-Rd 3 – Breast/Free

Move Lanes:

50/100/200:

7:25/10:25 Max Speed

S – 4 sets of 3 x 50 x 1:15/1:20/1:25 w/ set of 3 as:

1 – 15 FAST/35 EZ

2 – 25 FAST/25 EZ

3 – 35 FAST/15 EZ

\*May do all 4 strokes – IM Order OR 2 strokes OR All 1 stroke!

\*May do 1 set of 3 w/ Fins/Paddles and 1 set w/ Fins only!

\*On Average – 1 to 1 work to rest ratio!

2-3’ RI

7:55/10:55 Race Pace – 3x

1 x 50 x 1:15 From Dive @ 200 pace set-up

2 x 50 x 1:15/1:30 from push/hand finish @ 200 Pace

1 x 50 x 1’ From Dive – FASTER than 200 Pace

\*May do 3 strokes – 1 stroke per round!

200/100(9-10) Recovery x 4’

200\*-400/800/1500:

7:55/10:55 Aerobic Pace

3x

S – 300 Free x 4’/4:15/4:30

S – 8 x 50 Free x 1:05/1:10/1:15 @ 800 Pace

\*Switch Lanes

3x

S – 200 Stroke x 3:30/3:45/4’

S – 4 x 50 Stroke x 1:15/1:20/1:25

\*All Pace 50’s to Feet!

\*Pace 50’s – Challenge up to Goal Pace!

200 EZ

\*Move to CI Training Lanes:

8:25/11:25 Active Rest/Recovery

S – 7/6(9-10) x 200 x 3’(1-2)/3:15(3-5)/3:30(5-8)/4’(9-10)

1&2 – May use fins, snorkel and paddles

3&4 – May use snorkel and paddles

5&6 – May use snorkel

7 – NO Equipment

8:30/11:30 Tiger Up!

\*Flip Pool!!!!