Tuesday, April 4th – 4-6PM – Spring Break

4:05 Team Meeting – Team Information!

CULTURE OF EXCELLENCE – Have a Purpose – Create Great Habits! LEAD!

L – Live

E – Everyday to

A – Achieve

D – Dreams

4:15 Power Triangle Push-off’s

-ON Deck

-Arms at Side x 3

-Arms Streamline x 3

-IN Water

-from wall – arms at side x 2 then streamlined x 2

-from bottom x 5 – X marks the spot

4:20 S – 4 x 50 x :10RI - \*Push-off w/ free w/ great technique w/ fins!

4:50 DS – “20” x 50 x CSO w/ 25 Drill Sequence + 25 Touch and Pull Progression w/ Stroke Maintenance!

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

core, efficient kicking! \*All w/ Fins!

Arm Lead w/ Kick stick from float

Arm Lead Balance w/ streamline 360 from float

Arm Lead Balance w/ Right then Left from vertical kick

2x R/L Arm breathing towards w/ Guide Arm - \*Engaged hands/Forearms! \*Breathe Timing! VK!

2x R/L Arm breathing away + toward from vertical kick!

Reverse Catch-up from push-off

Hand-Hits – 7 then 5 from push-off!

Touch and Pull Drill w/ great push-off/UW!!! Leg Driven, Front Quadrant Swimming last 25!

5:00 VK Set:

6 x :15 on/:15 off Flutter with hands on thighs then :30RI

6 x :20 on/:20 off Flutter with hands on thighs to arms streamlined then :20RI

6 x :10 on/:10 off Flutter with hands on collarbone

5:20 S – 10 x 100 x :20RI Free w/

Odd - 25 Streamline 360/25 RA breathing towards/25 LA breathing towards/25 Hand-Hits

Even – 25 Arm Lead/25 Reverse Catch-up/25 Touch and Pull/25 Free – Build to great finish!

5:35 KS – 10 x 50 x :15RI

Odd - Free from :10 Vertical Kick then build to 400m Pace

Even – Free from push/underwater to yellow then swim w/ great technique

5:40 S – 10 x 25 x :10RI Free w/ 2 sets of:

1 – Kick/2 – Drill/3 – Build/4 – FAST/5 – EZ

5:55 S – 2x

200 Free x :20RI w/ snorkel and paddles w/ great technique

150 Back w/ :15RI w/ fins – build by 50

100 IM w/ :10RI Fly/Breast w/ GREAT Underwater; Back/Free w/ great technique

50 Back x :30RI w/ fins – build to FAST!

6:00 Loosen 2-300 Choice