Tiger stations 7/1

WU: 10x100 @ 1:30 25 kick 50 smooth 25 build

10x50 @ :50 25 kick 25 build

10x25 @ :30 Odds smooth evens FAST hit 12.5 UW

Stations

Power: Stroke 9-1\_

8x50 @ 1:15 FAST w/ resistance easy back

Stroke last 4 with fins

Speed: same stroke as power 1-4

4x25 @ :45 FAST with 12.5 UWDK for back and fly

4x50 @ 1:15 FAST with 10 yards UWDK for back and fly

100 @ 2:00 AFAP maximize UWDK for back and fly

Kick work 5-8

4x125 @ 2:00 5 UWWK per wall then streamline dolphin on back rest of length

2x50 @ 1:00 with small board FAST kick with max UWDK off wall stomach or back

Post stations:

Fly/back/Free

600 @ 8:00 every 3rd 50 backstroke with 5 UWDK off walls

4x75 @ 1:10 odds 25 Fly 50 Back, evens 50 Fly 25 Back

8x25 @ :30 odds: fly S-D-S evens: back 2R-2L

6x50 @ 1:00 25 free popov 25 FLY FAST

2x400 @ 5:00 may use snorkel and paddles

4x125 @ 2:00 25 back Strong 25 free long

8x75 @ 1:20 odds streamline flutter on back evens streamline dolphin on back 3 UWDKS per wall

6x50 @ 1:10 1 back build 2 back FAST

With pad and buoy

4x25 @ :40 front scull

4x25 @ :40 mid scull

4x25 @ :40 4 front 4 mid 4 full

6x50 @ 1:00 breast pull

Pad and buoy off

4x125 @ 2:20 breast kick with small board

600 @ 8:00 every 3rd 50 breast with double pullouts

12x25 @ :30 Breast #1 1 up – 1 under, #2 UW shooter #3 5 stroke max

6x50 @ 1:10 breast 1 stroke 2 FAST

2x300 @ 4:00 50 Free 50 back

8x25 @ :45 breast AFAP

Loosen

8x50 @ 1:00 descending breath 4-3-2-1 x2