FAST TIGERS – MORATORIUM

DATE Mon. 7/2/21 pm

**Early Vertical Forearm (EVF)- All strokes**

**Extend uw off all walls- create velocity over greater distance**

**Dis per cycle- timing and length**

**Efficiency factor**

Stroke Reps Distance Time Comments mts

Fr/Bk 1 x 400 on 6:00 200 fr/200 back 400

Fr 6 x 100 on 1:35 25 rt/25 left/50 EVF build 600

Choice 12 x 50 on :55 25fist closed/25open 600

 IM order- EVF

K fr board 8 x 50 1:10 variable speed- blast 2nd 25 400

K fr/fly no board 4 x 100 on 2:15 50 surface/25uw fast/25 surface 400

K IM no board 3 x 200 4:00 5 uw k off walls 600

 fly rt/lft, bk streamline, br 3k/1 pull, fr 12 switch catch 400

K board 8 x 50 on 1:10 25 ez/25 tombstone

Fr 3 x 400 on 6:00/10/20 W/paddles(timing of pull)- white 1200

Fr 4 x 200 on 2:40/50/3:00 5 fly k, no breathe off walls – red 800

IM 4 x 200 on 3:00/10/20 hold strong, trying for :30 rest -blue 800

Best 8 x 50 on 1:30 hold 200 pace- cycle count- purple 400

 **\*Efficiency factor- time- cycle count M (from 2016 trials top 8)**

 **W M**

 **fr 19 17.5**

 **bk 19 18**

 **br 21 18**

 **fly 24 20**

fr 6 x 100 on 1:30/45 3 bilat 3/5/7 sprint last 25 to finish 600

 3 25rt/25 left/50 DPC timing

Bk 6 x 50 on 1:00 25 pause/25 double arm 300 7500