Friday, April 2nd – 8-10:30AM

CULTURE OF EXCELLENCE – Have a Purpose – Stay Focused! TIGERS! PRIDE!

8:15 Dynamics w/ Coach Kyle

8:25 Team Information + Quote: “YOU are what YOU do and YOU become what YOU’VE done. But who YOU are and what YOU become lies in what YOU do next.”

9:00 #Long&ShortoFIT

8 x 100 x 3:30-4’

Championship Start & Breakout

Swim Smooth to Bulkhead

Climb OUT – 5 Squats – hit the chair w/ hands on head

Jump over 1st laneline

Over/Under – Two hands / Dolphin ONLY

Last Under – UWK FAST to Wall

Climb OUT – 5 Pike UPs

Championship Start & UWK to Bulkhead – CSO!

Climb OUT – 5 Plank to Pike

Running Dive to SURF Kick FAST!!!

9:20 #Pullin4YOU!

1200 or 18’ whichever expires 1st

-1st 400 – Ankle Buoy and Paddles \*May use Snorkel

-2nd 400 – Mini-Boardy and Paddles \*May use Snorkel

-3rd 400 – Paddles \*May use Snorkel

9:55 #KickinTigerMile

11 x 25 x :35 Mini-Board w/ Dolphin \*PRESS! \*May use Snorkel!

10 x 25 x :30 Streamline Flutter on Back w/ ODD – FAST / Even – Low Kick Ct.

9 x 25 x :35 w/ 1st 5 Mini-Board on Back Dolphin / last 4 – Streamline Dolphin on Back

8 x 25 x :30 FAST Flutter on Stomach w/ Board

7 x 25 x :40 w/ ODD – Streamline UWK – FAST / Even – Breast Kick on Back “11” Position

6 x 25 x :30 w/ Surf Kick ODD – Streamline Flutter / Even – Streamline Breast

5 x 25 x :25 Dolphin on Side – Arm Lead w/ Alt R/L Side

4 x 25 x :20 Board – Body Position Flutter

3 x 25 x :15 Fins – Flutter FAST

2 x 25 x :15 Fins – Dolphin FAST

:30RI

1 x 25 Dive UWK FAST w/ Fins!

10:25 #LittleBitOThis&That

S – 200 x 2:45 / 3’ (50 Free / 100 IM OR FRIM / 50 Free) – White

S – 2 x 150 x 2’ / 2:15 (50 Back / 50 Breast / 50 Free) – Pink

P – 200 x 2:30 / 2:45 Free w/ Buoy/Paddles \*May use Snorkel – White

S – 3 x 100 x 1:40 / 1:50 IM – Pink

S – 200 x 2:45 / 3’ (50 Free / 100 IM OR FRIM / 50 Free) – White

S – 4 x 75 x 1’ / 1:05 (50 IM Order + 25 Free) – Pink

P – 200 x 2:30 / 2:45 Free w/ Buoy/Paddles \*May use Snorkel – White

S – 6 x 50 x :40 w/ or w/out Fins…YOU Pick!

1 – Fly/Free

2 – Free

3 – Back/Free

4 – Free

5 – Breast w Dolphin/Free

6 – Free

10:30 #300Loosen

Tiger UP!!!