Friday, April 8th – 7-9:30AM – LCM

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

7:10 Dynamics

7:30 #SunshineStateWU

400 x 6:30 w/ 50 free / 25 Popov / 25 Side Kick – Flutter w/ Guide Arm + Eyes on Bottom + Balance Point!

3 x 100 x 1:35 w/ 25 IM Order / 50 Free / 25 Free w/ 5 Stroke Glide w/ Length – Build + Hold Line

200 x 3’ w/ 1st 50 – Fist Paw, 2nd 50 – Tiger Paw, last 100 – Open Paw

6 x 50 x 1’ w/ Odd - 25 Arm lead dolphin – 25 S-D-S / Even – 25 w/ 3K/1P Breast – 25 Low Stk Count

7:50 #Time2TurnOverOrGetBurned

3x

100 x 1:30 Flutter Streamline on Back w/ 9/8 UWK’s off the walls

2 x 50 x :50 Dolphin Streamline on Back w/ 7/6/5/4 UWK’s

4 x 25 x :30 Dolphin w/ Board/Snorkel – Palms on top of board – Press!!!

\*FINS!

8:15 #Fly’nOsprey

1 x 50 x 1’ Fly w/ Press for Length – Ct. Strokes

1 x 50 x 1’ Smooth – Choice

2 x 50 x 1’/:55 Fly – Press w/ UpKick Focus + 3/5 UWDK’s – breathing pattern?

1 x 50 x 1’ Smooth – Choice

3 x 50 x 1’/:55/:50 Fly – Maintenance + 3/5/7 UWDK’s – breathing pattern?

1 x 50 x 1’ Smooth – Choice

4 x 50 x 1’/:55/:50/:45 Fly – As round of 3 above w/ #4 FAST

1 x 50 x 1’ Smooth – Choice – Put Fins ON!

3 x 50 x :40 Fly – Figure it Out!

1 x 50 x 1’ Smooth – Choice

400 Free x 4:45 – Make IT!

9:20 #DayAfterStormBow

1 x 800/700 Free x 10’/9:20 w/ Paddles, Fins and Snorkel! Min. 3 UWK’s ev. Wall! WHITE!!!

4 x 100 Back x 1:20 / 1:25 / 1:30 w/ Min. 5 UWK’s off each wall! RED!!!

2x (4 x 25) x :45 PURPLE!!!

#1 – Smooth Free

#2 – UW Dolphin Kick – Streamline

#3 – Blast 15 / Smooth 10 – No Breast

#4 – Build 10 / Blast 15 – Breast ONLY

1 x 600/550 Free x 8’/7:45 w/ Paddles and Snorkel! Min. 5 UWK’s ev. Wall! PINK!!!

2x (3 x 50) x 1:15/1:20 Choice of Stroke – 1 Per Round! BLUE!!!

#1 – Build to 200 Pace

#2 – 200 Pace

#3 – Better than #2!

6 x 50 x :50 w/ #1-3 Free / #4-6 Back – WHITE!!!

1 x 400 Free x 5:40/6’ w/ Paddles and Snorkel! Min. 7 UWK’s ev. Wall! RED!!!

2x (4 x 25) x :55 PURPLE!!!

-Rd 1 – Fly w/ #1 – 3K/1P, #2 – S-D-S, #3 – BLAST AFAP From Block, #4 – S-D-S

-Rd 2 – Breast w/ 1 – 3K/1P, 2 – 1 Up/1 Under, 3 – BLAST AFAP From Block, 4 – 1 Up/1 Under

4 x 100 Free x 1:15 / 1:20 / 1:25 May use Paddles and Snorkel! Min. 5 UWK’s @ Turn! PINK!!!

1’ ER

10 x 50 x :40 Ascend Interval 1-5, 1’ x 6-10 Free