Friday, April 8th – 8-10:30AM – LCM

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

8:15 Dynamics

8:20 Team Information + Quote:

“Consistent short-term improvement leads to long-term Success.”

8:40 #BuildfrumSkill

300 Free w/ 50 front scull w/ flutter / 50 Popov / 100 w/ stroke count by 50 / 100 Build to Strong

:15RI

300 IM w/ 50 Kick/25 3K1P Fly and Breast + 50 Kick/25 6-3-6 Back and Free

:15RI

300 Choice

9:10 #IMEngaged

4 x 50 x 1’ IMO w/ Whiffle Balls – Engage forearms / Trust Kick Connection

100 Fly/Fr/Breast/Fr x 1:50/2’ Stay Engaged – Fly/Breast ALL 3K/1P – Free – think Length

3 x 100 x 1:50/2’ w/ Back/Free – w/ 25 FISTS, 25 Swim-Build w/ Stroke Count

100 Fly/Breast/50 Fr x 1:40/1:50 Stay Engaged – Fly/Breast Alt Stroke – Free – think Long

2 x 200 x 3:20/3:40 w/ 50 scull w/ dolphin / 50 Back w/ Sweeping Kick / 50 Breast w/ 2K/1P / 50 Free w/ Leg Drive – LOW Stroke Ct.

100 Fr/Fly/Fr/Breast x 1:30/1:40 Stay Engaged – Strong Free / Race Stroke!

8 x 50 x 1:10 Partner Kick 25 IM Order / 25 Free w/ Popov

9:30 #GearedUP

6 x 150 Kick x 2:45 / 3’

#1 – 50 1st Gear / 100 2nd Gear

#2 – 50 2nd Gear / 50 1st Gear / 50 3rd Gear

#3 – 100 3rd Gear / 50 1st Gear

#4 – 50 1st Gear / 100 3rd Gear

#5 – 50 3rd Gear / 50 1st Gear / 50 2nd Gear

#6 – 100 2nd Gear / 50 1st Gear

\*Use Kick Stick 3 Reps and 3 Reps w/ Small Board

9:50 #Equipped

4 x 100 x 1:25 / 1:30 w/ 25 FAST – 50 Smooth – 25 Build to Finish – Free or Back w/ Paddles

2 x 50 x :55 / 1’ w/ #1 – Fly/Free / #2 – Breast/Free – Focus on 15m Breakout + 15m Finish – FAST! Paddles!

2 x 100 x 1:30 / 1:35 w/ Paddles/Buoy – Strong – Ct. Strokes!

4 x 50 x :50 / :55 w/ Fins - #1 Fly / #2 – Free / #3 – Breast / #4 – Free / Stroke w/ Dolphin / Free w/ Flutter – ALL Build to FAST!

200 Smooth w/ Fins/Paddles – Low Stroke Ct.

10:20 #KickNFAST

12 x 100 Kick

3x Through…

-2’

-1:55

-1:50

-1:45

-1:40

1 x 100 x 2’ Smooth Swim to finish each Round!

\*May use Fins! \*MUST use Fins if 2 consecutive misses!

10:30 #Loosen – 4 x 100 x :10RI w/ Free – Ascend to Drill