Friday, January 4th – 7:00-9:15/10:30AM

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

7:20 Team Dynamics and Tubing

7:30 Team Information

“The BEST are ALWAYS striving to get BETTER. Don’t settle for where you are. Continue to PUSH yourself to GREATNESS.”

8:10 WU to Race Pace

\*Stroke Emphasis: Free – Catch; Back – Tight Pivot; Breast – Surge Forward; Fly – Dynamic Entry!

S – 5/4(11)/3(12) x 100 x 1:25(1-5)/1:30(6-10)/1:45(11)/2:05(12) Free w/ 8 stroke max w/ min. 5 UW off each wall – Great Technique!

KS – 5/4(11)/3(12) x 50 x :50/1’(11)/1:10(12) Back w/ 25 flutter kick on back – Torpedo w/ Tight Pivot/25 swim w/ Great Technique-Catch!

DS – 5/4(11)/3(12) x 50 x :50/1:05(11)/1:20(12) w/ 25 S-D-S – strong 2nd K/25 Fly w/ 5-7 UWK’s – GTD Fly?

S – 6 x 25 x :30/:40(11-12) Breast w/ 1 Up/1 Under w/ Great Timing on Breakout stroke

1’ RI

S –400/300(11)/200(12) x 5’ Free w/ snorkel/Fins – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

2’ RI

Partner Kicks w/ GREAT body line – 4 x 25 x :45/:55(11)/1:05(12)

HVO – 4x 1’ – Freestyle – 25’s – 2 from Block/2 from Bulkhead \*Coach Gernert – Modify as needed!

-Entry, Body Line – Free Speed, UW Effort, Transition, Flip on even, Hold Velocity to Wall – Breathing!

Partner Pulls w/ slingshots – 4 x 25 x :45/:55(11)/1:05(12) Free – Partner seated to body line to kick w/ one hand to slingshot!

1’RI

S –400/300(11)/200(12) Free w/ snorkel/Fins – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

9:05 Rainbow!!!

S – 4 x 400/350(9-10)/250(11)/200(12) x 4:40(1-4)/4:50(5)/5’(6-8)/4:40(9-10)/4:20(11-12) w/ HR No Higher than 24 – Focus on stroke technique including body position/posture/Lines – may use snorkel and paddle! EN1 - :10-:30RI

S – 3 x 300/250(9-10)/200(11)/175(12) x 3:40(1-4)/3:45(5)/3:50(6-8)/3:25(9-10)/3:30(11-12) w/HR 25-27 – Focus on stroke technique including breath timing – may use snorkel or paddle on #1 and 2. Work underwaters! EN2 - :15-:40RI

S – 2 x 200/150(11-12) x 2:35(1-4)/2:40(5)/2:45(6-8)/2:55(9-10)/2:50(11-12) w/ HR 28-30 – Focus on stroke specific technique including turns – no snorkel! EN3 - :20-:45RI

S – 2 x 100 x 1:55(1-2)/2’(3-4)/2:05(5)/2:10(6-8)/2:15(9)/2:20(10)/2:50(11)/3:20(12) HR 30-Max w/ 1:1 Work/Rest – Build to turns – Challenge Stroke Maintenance – Faster than 500 Pace! SP1

S – 3/2(11-12) x 50 x 1:15(1-2)/1:20(3-4)/1:25(5-8)/1:30(9-10)/1:35(11-12) w/ HR 30+ w/ 1:2 Work/Rest – Stroke Only/NO Free – Faster than 200 Pace! SP2

S – 4/4(11-12) x 25 x :50(1-8)/:55(9-10)/1’(11-12) w/ HR MAX w/ 1:3 Work/Rest – Choice – FAST! SP3

1’RI

9:15 Loosen – 10 Minute – NON-STOP – YOUR BODY DESERVES THIS TIME!

9:30 Meet Set-up

10:15 Dryland

Tiger Up!!!