Friday, October 11th – 3:10-5:40PM – Short Course Yards

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

3:30 Dynamics + Ankle Flexibility

3:40 Team Information + Quote: “Having observed some of the highest achievers and performers for well over 25 years now, I can tell you that it’s not that they have more knowledge, experience or some mystic superpowers; instead, it’s because they have APPLIED and COMMITTED themselves to taking CONSISTENT DAILY ACTION. These High Performers have adopted a WINNING ATTITUDE and a DEEP FOCUS to ACHIEVING EXCELLENCE. They have a MINDSET that FOCUSES on PROGRESS in whatever they are pursuing. They have stayed DISCIPLINED in order to ACHIEVE their GOALS and the LIFE they wish to LIVE!”

4:10 ENGAGED WU

K – 8 x 25 x Flutter w/ Partner w/ perfect body line – All on Stomach! 5 yd. Streamline Glide to the Wall! Switch after ev. 25!

LSO

KD – 4 x 25 x :30 w/ R/L Arm Lead w/ Flutter Kick by 25 w/ Quick Breathe! \*Exhale/Inhale!

+

D – 2 x 50 x :55 w/ SA w/ Guide w/ R/L by 25 w/ Breathing Toward w/ Quick Breathe!

LSO

K – 8 x 25 x Flutter w/ Partner w/ perfect body line – All on Stomach! 5 yd. Streamline Glide to the Wall! Switch after ev. 25!

LSO

D – 4 x 25 x :30 w/ 25 RA Breathing Away / 25 LA Breathing Away – Eyes on Bottom at Catch for Pull.

+

2 x 50 x :50 Free w/ 25 Touch and Pull w/ Leg Drive + 25 Quiet – DPS – Timing/Rhythm/Balance

LSO

S – 8 x 50 x Core Balance 25 w/ Buoy…4 rotations, pull 4 stokes, lose buoy, initiate kick, build legs into swim to Strong to Wall + 25 FAST – Put IT Together!

4:20 #EngageTheS”k”ull

K/S – 8 x 50 x 1:10

Odd 50’s - :10 Vert. Scull w/ ankles crossed/:10 VK Streamline/To 25 w/ Frontal scull w/ Flutter Kick/25

Free w/ 9ct. breathing!

Even 50’s – Same except Mid-Scull w/ Flutter Kick to 25 + 25 Free – Build w/ Focus on Stroke Length!

4:40 #Geared4Kick

K – 5 x 150 x 3’ All 1 Kick! Choice of Style

4 Gears w/ 1 – EZ – 4 – FAST

#1 – 50 G1 / 100 G2

#2 – 50 G2 / 50 G1 / 50 G3

#3 – 100 G3 / 50 G1

#4 – 50 G4 / 50 G1 / 50 G4

#5 – 50 G1 / 100 G4

5:30 #ActiveRest

AR = At Rest w/ Good Technique

NS = Neg. Split

Interval = Up to :10RI – NO MORE AT ANYTIME!

6x (100 + 50 + 100) Free

#1 – 100 NS HR23 + 50 AR + 100 NS HR23

#2 – 100 AR + 50 Moderate + 100 AR

#3 – 100 NS HR25 + 50 AR + 100 NS HR25

#4 – 100 AR + 50 Strong + 100 AR

#5 – 100 NS HR27 + 50 AR + 100 NS HR27

#6 – 100 AR + 50 FAST + 100 AR

4x (75 + 50 AR + 75)

-75’s = EZ/Moderate/FAST

-1st 75 Back; 2nd 75 Free)

2x (50 + 50 AR + 50)

-50’s = FAST/Moderate

-1st 50 Fly; 2nd 50 Breast

1’RI

5:40 ENGAGED Drill/Skill

Choice – 8 minutes w/ NO Stops