Friday, October 18th – 3:10-5:40PM – Short Course Yards

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

3:30 Dynamics + Ankle Flexibility

3:35 Team Information + Quote: “It’s not what you’re capable of, it’s what you’re willing to do. I know plenty of people that are capable, I know fewer that are willing!” Mike Tomlin

3:55 #Attend

8 x 150

Odd – Free w/ Snorkel + 5 UWWK off ev. Wall x 2’ / 2:10 / 2:20

Even – 50 Drill Back / 50 Free w/ 3ct. + 5 UWDK / 50 Back – Build w/ 5 UWDK x 2:15 / 2:25 / 2:35

4:15 #Improve

25 w/ Arm Lead Balance LA

50 w/ Arm Lead Balance RA + SA w/ RA breathe Toward w/ Guide Arm

75 w/ Arm Lead Balance LA + SA w/ LA breathe Toward w/ Guide Arm + SA w/ LA breathe Away

100 w/ Arm Lead Balance RA + SA w/ RA breathe Toward w/ Guide Arm + SA w/ RA breathe Away + 25 w/ 5HH w/ Glide

125 w/ Arm Lead Balance LA + SA w/ LA breathe Toward w/ Guide Arm + SA w/ LA breathe Away + 25 w/ 7HH w/ Glide + 25 Touch and Pull

150 w/ Arm Lead Balance RA + SA w/ RA breathe Toward w/ Guide Arm + SA w/ RA breathe Away + 25 w/ 9HH w/ Glide + 25 Touch and Pull + Swim

125 w/ Arm Lead Balance LA + SA w/ LA breathe Toward w/ Guide Arm + SA w/ LA breathe Away + 25 w/ 7HH w/ Glide + 25 Touch and Pull

100 w/ Arm Lead Balance RA + SA w/ RA breathe Toward w/ Guide Arm + SA w/ RA breathe Away + 25 w/ 5HH w/ Glide

75 w/ Arm Lead Balance LA + SA w/ LA breathe Toward w/ Guide Arm + SA w/ LA breathe Away

50 w/ Arm Lead Balance RA + SA w/ RA breathe Toward w/ Guide Arm

25 w/ Arm Lead Balance LA

\*All w/ :10RI

4:45 #Achieve

4x

200 Free x 2:15 / 2:25 / 2:35 / 2:45 / 2:55 Neg. Split

Rd# x 100 Free x 1:05 / 1:10 / 1:15 / 1:20 / 1:25

Rd 1 – 1650 Pace

Rd 2 – 1650 + 1000 Pace

Rd 3 – 1650 + 1000 + 500 Pace

Rd 4 – 1650 + 1000 + 500 + 200 Pace

\*Interval set at NO MORE than +:15 from 200 Pace

5:30 #FreeFly’N

6 x 150 x 2’ / 2:05 / 2:15 / 2:20 / 2:30 Descend 1-3 / 4-6

4 x 250 x 3:10 / 3:20 / 3:35 / 3:45 / 4’ Descend 1-4

2 x 350 x 4:20 / 4:35 / 4:55 / 5:10 / 5:30 Descend 1-2

\*1st 50 ALWAYS Fly

\*Lane Decide # of 50’s \*Attended Every Practice Fall Break…including last Saturday…see Coach Keller!!!

? x 50 x Fly interval below – Challenge Self

\*Interval – Base +:05 from previous set + :50 / :55 / 1’ for Fly

\*MAY USE SNORKEL

5:40 #Recover