Friday, October 22nd – 5:30-7:45am – LCM

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

Quote: “The Price of Excellence is Discipline. The Cost of Mediocrity is Disappointment.”

5:45 Dynamics

6:30 #400650WU

400/300 Swim – CSO

6 x 50 x 1’ w/ Fins+Snorkel

-Odd – RA – 15 / LA - 15 / Swim – 20

-Even – Build to Long&Strong

400/300 Kick w/ Fins – CSO

-Odd 50’s – Dolphin KOB Streamline

-Even 50’s – UW Blast - 15 / Surf Flutter - 15 / Swim – 20

6 x 50 Kick – NO Fins

-Odd x 1:05 – Descend 1-3

-Even x :55 – Make It

400/300 Pull w/ Paddles & Small Board – CSO

6 x 50 x :50

-Descend 1-3 / 4-6

400/300 Swim w/ 50 Fly / 100 Back / 150 Breast / 100 Free

7:40 #THEBow

20 Minute – White – Low HR

-150 Free / 50 Back – Stop at end of Rd for :30RI between 8&12 Minutes

-Free w/ Low Stroke Count

-Back w/ Rhythm – Kick Driven – Build w/in 50

800/750/700 Free – White x 9:30 w/ Paddles, Fins and Snorkel! Min. 3 UWK’s ev. Wall!

4 x 50 x 1’ w/ 25 Fly – Long&Strong / 25 S-D-S Combo – May keep Fins ON!

600/550/500 Free – Pink x 7:15 w/ Paddles and Fins or Snorkel! 3-5 UWK’s ev. Wall!

4 x 50 x 1:05 w/ 35 Back – Strong&Quick / 15 UWDK – FAST – May keep Fins ON!

400/375/350 Free – Hot Pink x 5’ w/ Paddles! 5 UWK’s ev. Wall!

4 x 50 x 1:10 w/ 6K/1P – As few of Strokes as possible

200/175/150 Free – Red x 2:45 NO Equipment – 5-7 UWK’s ev. Wall!

4 x 50 x :55 Free w/ 1 – Popov / 2 – Smooth – Low Stroke Count / 3 – Build to 200 Pace / 4 – 200 Pace – GOAL!

100 Free – Blue x 2’

4 x 50 x 1:15 Kick – w/ Fins – FAST – NO, AS FAST AS POSSIBLE!

2 x 50 Free – Purple x 1:30 w/ 1 – HVO / 2 – Block – HOW FAST CAN U GO!

:30ER

7:45 #Loosenw/Fins50’s

Tiger UP!!!