Friday, October 19th – 7-9:30AM – Fall Break

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

“No one achieves success alone. We all need a Team to accomplish Great things…and a United and Positive Team is a Powerful Team.”

7:15 Dynamics + Team Information

7:55 WU

SK – 300/200 x 5’ w/ 50 Swim – Free/25 Kick – on back – flutter or dolphin – choice w/ hands position

DS – 12 x 25 x :35/:40 w/ 4 – Fly/4 – Back/4 – Breast w/ 1 – Drill \*Choice/2 – Swim w/ Great Technique/3 – Min.-Max./4 – DPS w/ S!

S – 500/300 x 7:30 w/ 100 Free/25 Back x 4 w/ Free w/ 3-5 UW Kicks – Breathe 3ct./Back w/ Min.-Max.

S – 8 x 25 x :35/:40 w/ Odd – Back/Even – GDF! Back – 7 UW’s w/ 1-2 STRONG Stroke Cycles then smooth

S – 700/400 x 9:20 w/ paddles – snorkel optional – All Free

K/DS – 4 x 25 x :35/:40 Free w/ Over Kick!!!

1’ RI

S – 100/50 Perfect Skill – Free or Back

8:05 HVO – 4x – Choice of Stroke – 25’s – 2 from Bulkhead/2 from Block

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

8:20 Kick – Broken 800

1 x 400 x :30RI

2 x 100 x :20 RI

4 x 50 x :10RI

\*All one Kick – CI Kick!!!

\*Descend by Distance to FAST!!!

\*Excel w/ Fins!

9:15 Rainbow!!! Interval/Lanes – 5:20/5:40/6’/Ln.10

S – 3 x 400/350/250 x 4:40 w/ HR No Higher than 24 – Focus on stroke specific technique including body position/posture/Lines – may use snorkel

S – 2 x 300/275/250/200 x 3:35 w/HR 26 – Focus on stroke specific technique including breath timing – may use snorkel on #1. Also, work underwaters!

S – 1 x 200/150/100 x 2:30 w/ HR 28 – Focus on stroke specific technique including turns – no snorkel!

S – 4/3 x 100 x 2’/2:20/2:40 HR 30 w/ 1:1 Work/Rest – Build to turns – Challenge Stroke Maintenance – 500 Pace!

S – 6/5/4x 50 x 1:20/1:35/1:50 w/ HR 30+ w/ 1:2 Work/Rest – All Back @ 200 Pace!

S – 8/6/4 x 25 x :40/:50/1’ w/ HR MAX w/ 1:3 Work/Rest – Fly or Breast – FAST!

9:30 S – 6 x Tiger 100’s then Tiger Up!!! Lanelines!!!