Friday, December 28th – 7-9AM

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

“Right now, someone is working his Butt off to achieve your Dream…MAKE SURE IT IS YOU!”

7:10 Team Dynamics

8:10 WU to Race Pace

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

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

KS – 4/3 x 50 x :50(1-5)/1’(6-10) Back w/ 25 flutter kick on back – Torpedo w/ Tight Pivot/25 swim w/ Great Technique-Catch!

DS – 4/3 x 50 x :55(1-5)/1:05(6-10) w/ 25 S-D-S – strong 2nd K/25 Fly w/ 5-7 UWK’s

S – 4 x 25 x :30(1-5)/:35(6-10) Breast w/ 1 Up/1 Under w/ Great Timing on Breakout stroke

1’ RI

K – 8/6 x 25 x :40(1-5)/:45(6-10) Partner Kicks – 1st person – streamline BP w/ snorkel/2nd person – flutter kick w/ snorkel

S – 400(1-5)/300(6-10) x 5’ Free w/ snorkel/Fins – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

P – 8/6 x 25 x :45(1-5)/:50(6-10) Free – 1st Person – Pull Partner Free/2nd Partner from seated to body line to kick to let go – 5 yard transitions!

1:30 RI

HVO – 4x 1’ – Freestyle – 25’s – #1/3 from Block/#2/4 from Bulkhead

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

P – 8/6 x 25 x :50(1-5)/:55(6-10) Free – 1st Person Pull Partner Free then to RACE/2nd Partner seated to body line to kick w/ one hand to SLINGSHOT! 5 yard transitions w/ slingshot last 5-10 yards!!!

2’RI

S – 4 x 50 x 1’ @ 200 Pace – LET’s GOOO!!! IM Order OR 2 Free/2 Stroke OR ALL Free!

1’

S – 400(1-5)/300(6-10) Free w/ snorkel/Fins – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

8:35 Kick/ Set

1 x 100/50\* x 1:40/2’/1:10\* Streamline on Back – Choice of Kick – Build to FAST

:30 VK x :35 – Hands out of water

4 x 25 Fly x :40 w/ #1 – UWK - choice, #2 – On Side, #3 – Swim – Build, #4 – Swim – FAST!

2 x 100/75\* x 1:50/2’/1:45\* Steamline on Back – Choice of Kick - #1 – FAST; #2 – FASTER!

:30VK x :35 – Elbows out of water

4 x 25 Back x :40 w/ #1 – UWK - choice, #2 – On Side, #3 – Swim – Build, #4 – Swim – FAST!

3 x 100/75\* x 2’/2:20\* Streamline on Back – Choice o Kick – Descend 1-3 to ALL OUT!

:30VK x :35 – Shoulders out of water

4 x 25 Breast x :40 w/ #1 – UWK - choice, #2 – On Side, #3 – Swim – Build, #4 – Swim – FAST!

9:00 S – 2 x “400” x 12’ w/ each 400:

1 x 75 x 2:15 Off Block – Fly/Back/Breast by 25 – All OUT!!!

2 x 50 x 1:30 from Push – Free w/ 1 – 200 Pace to Foot; 2 – 100 Pace to Hand!

3 x 25 x :45 from Push – Fly/Back/Breast – All OUT!!!

4 x 25 x :40 Kick – Body Position #1/3 – on back; U/W FAST #2 – 15m on back/#4 – 25 on stomach!

1 x 50 x :50 Drill – Choice – Great Technique

1’ On Deck – Walk/Stretch/Hydrate!

Loosen