Friday, April 5th – 3:30-5:30PM – Spring Break Workout Group – 11 and Over

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

3:45 Dynamics + TEAM Information – Workout is all Rest Intervals regardless of course swimming! LCM at FHS!

4:10 W/U

S – 4 x 100 x :05RI Free – Descend to Strong – Stroke Maintenance!

KD – 8 x 50 x :10RI w/ Flutter/Free w/ 25 streamline kick - 360 + 25 w/ Touch and Pull!

S – 16 x 25 x :15RI IM – Odd Rounds - Swim with great technique/Even Rounds - Build to strong with emphasis on a strong finish

4:45 SKD – 5 Rounds of 200 Swim + 50 Kick (choice of kick – body position) + 50 Choice of Stroke – NO Free

- 200’s free w/ paddles – Descend to Strong w/in each 200 – maintain stroke count! 200’s x :20RI. - Kick x :10RI – descend to Fast – Rd 1-5. - Stroke x :20RI w/ 25 drill/25 build to strong!

5:10 SK – 1 Round

400 w/ 150 Free/50 Back x 2 x :20RI

3’ Kick w/ board/snorkel – Flutter x 1’RI

300 w/ 100 Free/50 Back x 2 x :15RI

2’ Kick w/ streamline on back – Flutter x 1’ RI

200 w/ 50 Free/50 Back x x 2 x :10RI

1’ Kick w/ stick on back – Flutter x 1’RI

100 w/ 25 Free/50 Back/25 Free

5:15 Loosen – 3 x 100 x :15RI Free w/ 25 swim/50 drill/25 swim

5:30 Lanelines – switch Pool!

Tiger Up!!!