Monday, April 4th – Sectional Recovery – Sunday Group

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

3:30 Dynamics

3:45 #LoosenUP

400 Free x :20RI

6 x 50 x :10RI w/ 2 Kick / 2 Scull / 2 Drill

4:20 #Free@Last

300 x 5’ w/ 25 Scull / 75 Swim w/ White Line Glides

16 x 50 x :55 w/ 4 sets of 4 x 50 w/ 25 Drill / 25 Focused Smooth w/ Stroke Counts from 3UWK’s

Each Set of 4 x 50 w/ 25 Drill as Follows:

1 – Under Skate

2 – Touch and Pull

3 – Popov

4 – 5 stroke glide – Hold line in glide – Eyes on bottom to start next 5 strokes

300 x 4:30 w/ Paddles – Breathe R/L by 25 – Distance Per Stroke Focus – Smooth

8 x 50 x 1’ Strong w/ Back on Odd – 5 UWK’s / Free on Even

4:35 #Control&Engage2Succeed

6 x 150 x 2:15-2:30

-50 Smooth w/ Low Stroke Count – Limit Breathing

-50 Strong – Focused Turn

-50 Popov w/ Strong Kick – Hold Head Tap 3 Seconds

5:00 #YouEarnedIT

12 x 50 (4 sets of 3) – Ascend Interval w/ Fins

Set 1 - :40

Set 2 - :45

Set 3 - :50

Set 4 - :55

+ 500 Choice

Tiger UP!!! 4500K