Monday, April 5th – 3-5:30PM - LCM – Spring Break

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

3:15 Dynamics w/ Coach Kyle

3:20 Team Information + Team Quote:

“GRIT is arguably the MOST Important Trait needed to become a Champion in any walk of life. It’s about Toughness, Courage, and Resilience more than Talent.”

3:40 #SKillin’Focus

6x

S/D – 100 w/ 50 Scull w/ Kick – 25 front/25 mid + 50 w/ Popov

K – 50 – Strong w/ #1 – Dolphin Head Lead / #2 – Flutter on Back / #3 – 3K/1P Breast / #4 – Flutter 25R/25L

x 3’

4:25 #Kickin’It

2x

3 x 300 x :30RI E/F Kick w/ 25/25 + 50/50 + 75/75

#1 Flutter – Body Position w/ Small Board – May use Snorkel

#2 Dolphin – Full Board w/ palms on top! May use Snorkel

#3 Choice – may be breast kick

4:50 #Feelin’Strong

4 x 50 x 1’ / 1:05 Free – #1 – Popov / #2 – Low Stroke Count / #3 – Build / #4 – Strong to FAST

200 x 3‘ / 3:15 FRIM w/ Free – Swim Low Stroke Count / Back – DPS w/ Sweeping Kick / Breast – 20 Strokes then Free / Free – Stroke Count Maintenance

5 x 50 x :55 / 1’ Free – Same as Rd 1 + #5 – Fly w/ S-D-S

150 x 2:05 / 2:15 Back/Breast/Free – Back @ 200 Pace/Tempo / Breast – 18 Strokes then Free / Free – Stroke Maintenance

6 x 50 x :50 / :55 Free – Same as Rd of 5 + #6 – Fly w/ 25 Swim + 25 S-D-S or Swim

100 x 1:20 / 1:25 Free – Stroke Maintenance 50 / Build to Strong 50

5:10 #Fin’Fun

6x

150 x 2:15 / 2:30

Odds – 100 Swim – White + 50 Streamline Kick on Back – Strong

Evens – 100 Streamline Kick on Back – FAST + 50 Swim – Pink

\*ALL w/ Paddles and Fins!

50 x :45 FAST!

5:25 #Swimdown

3x

3 x 100 w/ Set 1 – Strong x 1:30 / Set 2 – Ascend x 1:35 / Set 3 – Swim/Drill by 50 x 1:40

TIGER UP!!!