Monday, January 7th – 2:50-5:30PM

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

3:15 Dynamics + Tubing and Core Circuit

3:30 Team Information

10 Keys to A Winning TEAM Culture:

#1 – Togetherness

#2 – High Standards

#3 – Commitment

#4 – Wining Mindsets

#5 – No Egos or Entitlement

To Be Continued…

4:10 #W/UofChampions

S – 300/200(10)/150(10\*) Free x 3:45(1-5)/4’(6-9)/3:30(10)/3:15(10\*) - Str. maintenance – 3 Focal Points!

K – 3/2(10) x 100 Best Kick x 2’/2:30(10) – All Body Position on correct side!

D/S – 12 x 25 x :30/:35(6-9)/:40(10) – Fly w/ 2 – Drill/1 – Swim-Build/1 – FAST!

:30RI

S – 200/150(10)/100(10\*) Free x 2:25(1-5)/2:35(6-9)/2:35(10)/2:15(10\*) – Stroke maintenance – 2 Different Focal Points!

K – 4/3(10) x 50 Best Kick x 1’/1:15(10) – All Body Position – Fast/Strong by 25!

S – 8 x 25 x :35/:40(6-9)/:45(10) – Breast w/ 2 – Drill/1 – Swim-Build/1 – FAST!

:30RI

S - 100 Free x 1:10(1-5)/1:15(6-9)/1:45(10)/2:10(10\*) – Stroke maintenance – 1 Additional Focal Point!

K – 4/2(10) x 25 Best Kick x :30/:40 – All Body Position – FAST!

S – 4 x 25 x :25/:30(6-9)/:35(10) – Back w/ 2 – Drill/1 – Swim-Build/1 – FAST!

:30RI

DS – 200/150(10)/100(10\*) IM w/ 25 drill/25 swim-build to race pace

4:35 Fartlek – 3 x 4’ x 4:30

Rep 1 – Fly w/ 25 K on Side w/ bottom arm extended as guide/25 S-D-S

Rep 2 – Back w/ 25 K Streamline on Back/25 w/ 6-6-3-3 (6 UW dolphin kicks/6 full strokes/3-3 SA Strokes)

Rep 3 – Breast w/ 25 3K-1P/25 w/ Flutter and FAST Hands

:30 RI then:

#IMPossible

4 x 25 – Fly x :30/:35(6-10)/:40(11-12) w/ 5 U/W Kicks off wall then “Swim” Fly! NO Struggle Fly - Switch to Free if needed! Fly Swim @ 100 Tempo!

3/2(11-12) x 50 – Breast x 1:05/1:10(6-10)/1:20(11-12) w/ 25 Flutter w/ FAST hands; 25 swim @ 100 Tempo!

2 x 75 – Back x 1:10/1:20(6-10)/1:30(11-12) w/ 5 UW Kicks MINIMUM each 25 then swim-maintain stroke counts each length @ 200 Tempo!

1 x 100 – Free @ Mile Pace – hold stroke counts!

\*\*\*Loosen – After next page – NON-Stop until 5:30! Tiger Up!!!

5:20-25 #HittheGas

S – 5 x 300 x 3:30(1-4)/3:35-3:40(5)/3:45(6-8) – EN1 - :10-:30RI – HR25 – May use Paddles/Snorkel

:30RI

S – 5 x 200 x 2:25(1-4)/2:30(5)/2:35(6-8) – EN2 - :15-:30RI – HR27-28 – May use Snorkel

:30RI

S – 6 x 100 – EN3 - :30RI – HR30 – NO Equipment

-Odd – 1:05(1-4)/1:07.5(5)/1:10(6-8) SUB 500 Pace

-Even – 1:25(1-4)/1:27.5(5)/1:30(6-8) Great Technique – Make Interval w/ :05 rest!

\*Total = 2:30(1-4)/2:35(5)/2:40(6-8)

\*UWK’s!!!

5:15 #MedleyTurnMadness

S – 1 x 100 IM w/ FT x 1:20(2:05)/1:25(2:15)/1:30(2:25)

S – 400 Fly/Back by 25 x x 4:50(2:05)/5:10(2:15)/5:30(2:25)

S – 2 x 100 IM w/ FT x 1:15(2:05)/1:20(2:15)/1:25(2:25)

S – 400 Back/Breast by 25 x x 5:10(2:05)/5:30(2:15)/5:50(2:25)

S – 3 x 100 IM w/ FT x 1:10(2:05)/1:15(2:15)/1:20(2:25)

S – 400 Breast/Free by 25 x 5’(2:05)/5:20(2:15)/5:40(2:25)

S – 2 x 100 IM w/ FT x 1:15(2:05)/1:20(2:15)/1:25(2:25)

S – 400 IM x 5’(2:05)/5:20(2:15)/5:40(2:25)

S – 3 x 100 IM w/ FT x 1:20(2:05)/1:25(2:15)/1:30(2:25)

\*400’s – Strong w/ Great Turns/Underwater/Breakouts/Technique

\*Cross-over Turns!

5:20 #SwissArmyKnife

S – 50 Free from dive as 35 FAST, 15 easy x 1:30

S – 100 Free from dive as 25 Sprint, 75 easy x 2:50

S – 150 Free from dive as 15 Breakout Sprint, 135 easy x 4’

S – 500/400(11)/300(12) w/ fins as 50 free/50 back w/ Great Technique x 1’RI

K – 4x flutter wall kick w/ 7 sec. blast/6 sec switch/7 sec blast OR 7 sec blast/13 sec rest

KS – 300/200(11)/150(12) w/ fins as 50 streamline kick on back – UW dolphin off walls/Flutter on surface – Strong/50 swim w/ 25 back-25 free w/ Great Technique x :30RI

S – 4 x 12.5 Choice w/ 1st 3 – Sprint/4th – Easy x :15 w/ :45RI

S – 3 x 100 Free x 1:15(1-5)/1:20(6-9)/1:25(10)/1:45(11)/2’(12) – Hit 500 Pace!

S – 5 x 10 Choice w/ 1st 4 – Sprint/5th – Easy x :15 w/ :45RI

S – 4 x 75 Free x 1’(1-5)/1:05(6-9)/1:10(10)/1:25(11)/1:30(12) – Sub 500 Pace!

S – 6 x 25 w/ Odd – Back/Even – Free or Fly x :50

-Back – SPRINT; Even – NO Breathe!!!

S – 4 x 50 Free x :50(1-9)/:55(10)/1’(11)/1:05(12) – Great Technique – Low Stroke Count!