Monday, October 14th – 2:50-5:30PM – Short Course Yards

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

3:10 Dynamics/Ankle Flexibility

3:15 Quote: “When you improve a little each day, eventually big things occur.” John Wooden

Headsets…discuss team information during warm-up!!!

3:50 : 1 x 30 Minute “Free”

May mix up Strokes

May do Drills

May kick – body position only – NO Fins!

May NOT stop other than to get a snorkel or board

Stop at 10 and 20 minute for 1’RI to get a hydration break

4:20 #PopASquat!

4x

75 FAST Kick (Choice) + 50 Quiet Free + Pop Out-Squat 5x (2:30)

50 FAST Kick (Choice w/ MAX Whale UWK’s) + 25 Quiet Free + Pop Out-Squat 10x (1:30)

25 Off Block – UWK FAST + Pop Out-Squat 15x + 75 Quiet Free (2’)

ER?

5:20 #HRangeSet! Long Sprint Group

5x

600 Free x :20RI Snorkel Optional – May use Paddles Rd3-5

-:10RI @ 300 – Get HR!!! / NS by 3-7seconds

#1 – HR 18-22

#2 – HR 20-24

#3 – HR 22-26

#4 – HR 24-28

#5 – HR 26-30

200 Back/Breast by 25 x :30RI

-Back – Kick Driven / Breast – Low Stroke Count

4:35 #BriefButBeautiful

4x

75 x 1:15-1:25 Fly + Back – Min. Stroke Ct. / Breast – Descend Ct. by 25

50 x 1:05-1:15 Fly + Back – Build 25 w/ Max UW 2nd 25 / Breast – Build 25 w/ 2 Pull-outs 2nd 25

25 x :35 Fly + Back – Max UWK to 15 + Sprint / Breast – Tempo Up - Sprint

\*Pick ONE Stroke ONLY!

\*For ALL EXCEPT Long Sprint Group

5:20 #RollinTheDie

Stroke Group – Fly / Back / Breast – Best Stroke/Only Stroke!

2x

4 x 25 x :40 Partner Kick w/ Snorkels

1 x 75 Strong Stroke + 25 Quiet Free x 1:40-1:50

4 x 25 x :40 Partner Kick w/ Snorkels

2 x 75 Strong Stroke + 25 Quiet Free x 1:40-1:50

4 x 25 x :40 Partner Kick w/ Snorkels

3 x 75 Strong Stroke + 25 Quiet Free x 1:40-1:50

100 Smooth/Quiet Free x 2’

ROLL The Die – Each spot = 1 x 50

1x 50-300 Off the Block – FAST!

50 Smooth/Quiet

5:20 #IMBuildTheSizzle!

25 Free x :20

50 Free x :40

75 - 25 Breast / 50 Free x 1’

100 - 50 Breast / 50 Free x 1:20

125 - 25 Back / 50 Breast / 50 Free x 1:40

150 - 50 Back / 50 Breast / 50 Free x 2’

175 - 25 Fly / 50 Back / 50 Breast / 50 Free x 2:20

200 IM x 2:40 Strong

100 Free x 2’ Quiet

200 IM x 2:40 Stronger

100 Free x 2’ Quiet

200 IM x 2:40 Strongest

100 Free x 2’ Quiet

200 IM x 2:40 Stronger

100 Free x 2’ Quiet

200 IM x 2:40 Strong

175 – 50 Fly / 50 Back / 50 Breast / 25 Free x 2:25

150 – 50 Fly / 50 Back / 50 Breast x 2:05

125 – 50 Fly / 50 Back / 25 Breast x 1:45

100 – 50 Fly / 50 Back x 1:25

75 – 50 Fly / 25 Back x 1:05

50 Fly x :45

25 Fly x :25

5:30 #CommittedLoosen

-Non-Stop Free w/ Fins/Paddles/Snorkel – HR below 25!

5:30 Tiger Up!!!