Monday, October 18th – 6:30-8AM – LCM – Elite Option Group

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

Quote: “A major reason why the top 5% succeed, be it in sports, business or any other field, is this: They are willing to do more than what’s been asked of them.”

6:45 Dynamics

7:00 Free w/ Fins – May use Snorkel

10 x 50 x 1’ from tuck or pencil float w/ drill/swim by 25

1 Arm lead flutter in 11

1 RA lead flutter

1 LA lead flutter

1 Streamline 360

1 RA breathe away

1 LA Breathe away

1 RA breathe towards

1 LA breathe towards

1 Popov

1 Touch and pull

7:25 Free Set w/ Balls and All

4 x 50 x 1’ Free w/ Whiffle balls

2 x 50 x 1’ Free w/ R Pad + L Whiffle ball

2 x 50 x 1’ Free w/ L Pad + R Whiffle ball

4 x 100 x 1:45 w/ 20 stroke max w/ snorkel

2 x 200 x 3:10 w/ 30 stroke max w/ snorkel and paddles

7:40 Back w/ Fins

10 x 50 x 1:05 from tuck or pencil float and sweeping kick w/ drill/swim by 25

1 arm lead flutter in 11

1 Torpedo kick

1 RA lead flutter

1 LA lead flutter

1 Finish scull

1 Mid scull

1 RA only swim

1 LA only swim

1 2R-2L

1 Tempo UP

8:00 Back Set w/ Balls and All

4 x 50 x 1’ Back w/ Whiffle balls

2 x 50 x 1’ Back w/ R Pad + L Whiffle Ball

2 x 50 x 1’ Back w/ L Pad + R Whiffle Ball

3 x 100 x 1:45 w/ 24 stroke max + Torpedo Kick

1 x 200 x 3:20 w/ 34 stroke max + Torpedo Kick