Monday, October 18th – 6:30-8AM – LCM – National 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.”

WU

4x100 @ 3:00

15 jumping Jacks, running five then free to wall

10 leg swims each leg then from blocks 15 UWDK then back rest of 50

Put fins on

800 @ CSO

50 head lead dolphin

100 swim choice

50 streamline flutter

Fins off

Small board

2x

2x200 @ 3:50

4x100 @ 1:55

4x50 @ 1:00

Round 1 flutter round 2 dolphin

Buoy and paddles

3x300 @ 4:30 100 free 50 back

Breast kick

10x50 @ 1:10 breast kick with small board

Loosen to 8