Monday, October 18th – 3:15-5:45pm – LCM

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

3:30 Team Meeting

Quote: “As an athlete, don’t let your ego become one of your biggest obstacles to progressing. Being coachable is all about being open and appreciative to feedback and criticism. Improvement starts with your attitude.”

3:45 Dynamics

4:25 #Long&Strong

6/4 x 150 x 2:45 / 3’

-Odd: Free / Kick / Free by 50

-Even: Back / Drill / Back by 50

300 x 5:30 / 6’ w/ 50 Fly/ 100 Back / 50 Breast / 100 Free

6/4 x 50 x :55 Fly/Breast ALL 3k/1p

-Odd – Fly/Free by 25

-Even – Breast/Free by 25

5 x 100 x 1:30 Free w/ Paddles – May use Snorkel – Descend

4:55 #Short&FAST

1 x 100 x 1:50

1 x 50 x 1:10

1 x 100 x 1:55

2 x 50 x 1:05

1 x 100 x 2’

3 x 50 x 1’

1 x 100 x 2:05

4 x 50 x :55

1 x 100 x 2:10

5 x 50 x :50

:30ER

1 x 50 ALL OUT FAST!

\*Ascend 100’s / Descend 50’s

\*100’s 2nd Best Kick / 50’s BEST Kick!

5:35 #Mini&Max

4/3 x 100 x 1:40/1:50/2’ Fly/Back by 50 \*No Struggle Fly! Engaged Back!

300 x 4:30 / 4:45 / 5’ Free w/ 9 ct. Breathing

4/3 x 100 x 1:40/1:50/2’ Back/Breast by 50 \*Crossover w/ Breast - Low Stroke Count – Hit Lines!

300 x 4:15 / 4:30 / 4:45 Free w/ 7 ct. Breathing

4/3 x 100 x 1:35/1:45/1:55 Breast/Free by 50 w/ Free w/ Leg Drive and Long Strokes!

300 x 4’ / 4:15 / 4:30 Free w/ 9 ct. Breathing

4/3 x 100 x 1:30/1:40/1:50 IM w/ Race Strategy!

5:45 #12x50x:50Loosen

Flip Pool – Led by Coach Steve

Tiger UP!!!