Monday, October 15th – 7-9:30AM – Fall Break

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

“Don’t allow distractions to get in the way. You have to want it more. You have to care more.”

7:15 Dynamics + Team Information

7:55 WU

\*Stroke Emphasis: Free – Forward Entry; Back – Tight Pivot; Breast – Surge Forward; Fly – Two Kicks!

S – 4/3 x 100 x 1:20/1:30/1:40 Free w/ snorkel - stk cts. + min. 5 UW off each wall – Great Technique!

KS – 8/7/6 x 50 x :50/:55/1’ Back w/ 25 flutter kick on back – Torpedo w/ Tight Pivot/25 swim w/ Great Technique!

DS – 6/5/4 x 50 x :50/:55/1’ w/ 25 hip delay – strong 2nd K/25 Fly w/ 5-7 UWK’s – GTD Fly

PS – 4/3 x 50 x :50/:55/1’ w/ 25 Pull-Breast w/ Flutter Kick/25 Breast w/ 1UP/1Under

S – 12/6 x 25 x :30/:35/:40 w/ 4/2 sets of 1 – Fly OR S-D-S/2 – Back/3 – Free w/ min. 7 UW off each wall

1’ RI

S –400/300/200 Free w/ snorkel/paddles – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

8:25 #Legsonfire

5x

1’ Steady ROM BP Kick

:30 FAST Kick

1’ Steady ROM BP Kick

:20 FAST Kick

1’ Steady ROM BP Kick

:10 FAST Kick

1’ Steady ROM BP Kick

8:35 S – 8 minutes w/ Free w/ snorkel/paddles – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

9:25 Vitamin D/IM Set

S –

500/450/400/300 Free x 5:20

150/125/100 IM @ 80% Effort x 2’

500/450/300 Free x 5:25

2 x 150 IM @ 80/85% Effort x 2’

500/450/400/300 Free x 5:30

3 x 150 IM @ 80/85/90% Effort x 2’

500/450/400/300 Free x 5:35

4 x 150 IM @ 80/85/90/95% Effort x 2’

500/450/400/300 Free x 5:40

9:30 Loosen/Tiger Up!!!