Saturday, April 3rd – 7:30-10:30AM – Water 7:30-9:15AM / Change 9:15-9:30 / Dryland 9:30-10:30AM

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

7:35 Team Information + Quote: “Your beliefs brought you to where you are today. Your thinking from this point forward will take you to where you’ll be in the future.”

8:10 #FormGreatHabits

200 x 3:20 Free w/ 50 w/ Arm Lead Flutter, 50 Streamline 360, 50 w/ Popov w/ Leg Drive, 50 w/ Touch and Pull w/ Leg Drive!

4 x 50 x :50 w/ Hand-Hits as 1 w/ 9, 2 w/ 7, 3 w/ 5, 4 w/ 3! Side Glide 3 seconds in Line and Balance!

4 x 100 x 1:30 Free - Descend w/ last – Challenge Stroke Count!  Build leg speed – hold guide arm!  Think Length in Front! Get on the Rails! Walls – hold lines – work underwaters!!!

4 x 50 x :55 Flutter Kick w/ Small Board – Body Position – strong!

200 x 2:40 Swim w/ Free – Build leg speed by 50!  Maintain stroke counts – great walls!

1’ ER

16 x 25 x :45 Partner Kick – All Flutter w/ 1st 8 – Partner on Stomach / 2nd 8 – Partner on Back – May use Snorkel

1’ ER

8:30 #FeelSTRONG

2x

S – 4 x 25 x :30 w/ 25 frontal scull / 25 mid-scull / 25 finish scull / 25 Free – All w/ Steady Flutter

S – 3 x 50 x 1’ w/ 25 w/ Overkick / 25 w/ Big Hands and Balanced Kick

K – 2 x 75 x 1:30 w/ 25 Flutter on Back / 25 Dolphin on Back / 25 Flutter on Back – ALL in the “11”

S – 1 x 100 x 2’ Descend w/in 100 to last 25 Build Tempo and Legs

1’ER

8:50 #LittleBitOKick

2 x 150 x 2:45 Choice of Kick – Body Position ONLY! :10 Streamline VK at 50/100 – NO Turns – Touch Wall!

3 x 100 x 1:30 Free w/ 5 UWK’s off each wall / Swim Quiet (Hands/Entry) w/ Leg Drive / LAST 12.5 Overkick!!!

6 x 50 x :50 Choice of Kick/Style – Descend 1-3 then Hold 4-6

1’ER

9:20 #ToKickorNotTooKick

1 x 300 x 4:00 / 4:15 Free w/ 10 stroke max

6 x 50 x :55 kick

3 x 100 x 1:15 / 1:20 Free or Back w/ 3 UWK

1 x 300 x 3:45 / 4:00 Free w/ 12 stroke max

6 x 50 x :50 kick

3 x 100 x 1:10 / 1:15 Free w/ 5 UWK

Loosen 200 Choice