Saturday, April 9th – 7:30-10:30AM – LCM

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

7:35 Team Information + Quote:

“Leadership is not a title. It’s an act of service to make the people around you and your team better.”

8:10

800/400 w/

-200 Smooth Free x :10RI

-200 Kick w/ Board – Choice of Kick x :10RI

-200 IM – ALL Drill – 3K/1P Fly & Breast / 6-3-6 Back and Free x :10RI

-200 Free w/ Paddle and Buoy x CSO

3 x 200 x 3’ / 3:20 / 3:40 w/ 50 Free/50 Back w/ 5-7 UWDK’s off EVERY Wall

8 x 50 x :55 / 1’ / 1:05 w/

-Odd’s – 25 Fly/25 Free

-Even’s – 25 Breast/25 Free

2’RI – Fins ON

8:45

600/400 x CSO w/ Board/Snorkel – Body position – Hands flat on board

-50 Flutter

-50 Dolphin

5 x 100 x 1:40 / 1:50 / 2’ Streamline on Back OR “11” w/ Board – Dolphin / Flutter by 50

16 x 25 x :45 / :50 / :55 On Side – Bottom Arm Extended w/ 4 sets of 4 x 50 – Alt. Sides by 25

-Odd Sets – Dolphin

-Even Sets – Flutter

2’RI

9:05

3 x 200 x 2:40 / 3’ / 3:20 Choice Swim – Make Interval – Pink Set!

4/3 x 100 x 1:30 / 1:40 / 1:50 Free w/

-#1 – 1st 25 FAST

-#2 – 2nd 25 FAST

-#3 – 3rd 25 FAST

-#4 – 4th 25 FAST

4 x 50 x :50 / :55 / 1’ Free w/ 25 Stroke MAX!!!

2’RI

9:20

3 x 100 x 1:40 / 1:50 / 2’ Ascend Free

6/5 x 50 x :55 / 1’ / 1:05 Free Drill OR Non-Free Swim

12/8 x 25 x :30 / :35 / :40 Odds – Drill / Even – Smooth

Then to Dryland by 9:30AM!