Saturday, October 12th – 7-9:30/10AM – Short Course YARDS

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

7:20 Dynamics + Flexibility

Quote: “I don’t know where the limits are, but I would like to go there.” Eliud Kipchoge

7:45 #WU2RACE

S – 300 x 4:30 w/ 50 Free/25 Back

S – 4 x 50 x :50 Free or Back – Descend 1-4 to Fast

K – 200 x 4:15 Streamline on Back – Choice of Kick

K – 3 x 50 x 1’ Kick – Choice – Descend 1-3 to Fast

S – 16 x 25 x :30 w/ Odds – Choice of Stroke – Build; Even – Free – FAST!

8:05 #Prep2Rep

3x

200 x 2:40 / 2:50 / 3’ / 3:10 FRIM – Smooth and Steady

2 x 75 x 1:15 / 1:20 / 1:25 / 1:30 w/ Fly-Back-Breast – Good Transitions – Set-up Fly / Build Back / Race Breast

8:15 #10MinuteFree

S – 10’ Free w/ snorkel/paddles @ HR NO Higher than 25 – Great Technique Swim – Focus on Catch, Acceleration to Finish of Stroke, Stroke Length, Balance on both sides + Rhythm! Keep UW Focus!!

8:45 #Quality7

2x

S – 7 x 50 + 200

#1 x 1:20

#2 x 1:10

#3 x 1’

#4-6 x :50

\*#1-6 FPA from PUSH

1’ ER

#7 x 1’ Off Block – ALL OUT!!!

200 Smooth/Quiet x 5’

9:00 #Loosen

10 x 100 x :10RI

Ascend 1-5; Drill-Kick or Swim 6-10

9:05 Tiger UP + Discuss Dryland!!!

9:15 Change…to Dryland

9:45 Outside – Dryland