Saturday, October 19th – 7-9:15/10AM – Short Course YARDS

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

7:20 Dynamics + Flexibility

Quote: “Positive Mind, Positive Vibes, Positive Life.” FHS Team Theme 19-20

7:45 #WU2RACE

S – 300 x 4:45 w/ 50 Free/25 Back

S – 4 x 50 x :50 IM Order – Build to Strong

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 :40 Var. Speed – IM Order (4 sets of 4)

8:05 #Prep2RACE

3x

200 x 2:40 / 2:50 / 3’ / 3:10 Rev. Order 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!!

8:55 #LPSet

2 x 50 x 1’ LTB +6

1 x 100 x 2’ w/ 50 TB / 50 Stroke Count

4 x 50 x 1:15 LTB +4

1 x 100 x 2’ w/ 50 TB / 50 Stroke Count

6 x 50 x 1:30 LTB +2

1 x 100 x 2’ w/ 50 TB / 50 Stroke Count

8 x 50 x 1:45 LTB @ 2nd 50 of 100 Pace

300 Smooth

1 x 50 Off Block – ALL OUT!!!

9:10 #Loosen

10 x 100 x :10RI

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

9:15 Tiger UP + Discuss Dryland!!!

9:30 Change…to Dryland

10:00 Dryland w/ Coach Haley