Saturday, October 15th – 6:30-9:45AM – LCM

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

Quote: “Adversity, pressure and stress reveal your character. But they are also needed to improve and strengthen your character. Use them to your advantage as ways to build more resilience and grit!”

7:30 Dryland

8:00 #WU-It’sColdOutside

S – 300 x 6’ w/ 50 Free/50 Back – Smooth – Engage UWK’s

S – 4 x 50 x 1’ IM Order – Build to Strong – Build to Walls

K – 200 x 4:30 Streamline on Back – Choice of Kick

K – 2 x 50 x 1:05 Kick – Choice – #2 Faster than #1

S – 16 x 25 x :35 Var. Speed – IM Order (4 sets of 4)

8:20 #TurnUPthaHeat

3x

100 x 1:45 w/

#1 – Fly/Back

#2 – Back/Breast

#3 – Breast/Free

4 x 50 x 1’ Descend 1-4 w/ Rd 1 – Fly / Rd 2 – Back or Breast / Rd 3 – Free

8:30 #Ten

S – 10’ Free w/ HR NO Higher than 22 – Great Technique Swim – Focus on Catch, Acceleration to Finish of Stroke, Stroke Length, Balance on both sides + Rhythm! Keep UW Focus!! May use Snorkel + Paddles!

9:20 #Don’tGetBurntbytheFire

S – 4 x “400” x 12’ OR 6 x “200” x 8’

150 x 3’ Off Block – Setup – Going out Speed – Light Legs!

100 x 2:15 Build from Setup – Legs too! From Push!

100 x 2:30 Push Self – Challenge Self – Strong Legs!

50 x 1:15 Off Block – Bring IT Home – FAST Legs!

+ 3’ Active Rest – 100 Keep IT Moving! \*Add up time – Goal Time?

OR

50 x 1:30 Off Block – Setup – Going Out Speed – Light Legs!

100 x 2:30 Build and Push Self – Challenge 2nd 50 – Legs too!

50 x 1:30 Off Block – Get Home FAST – Yes, w/ Legs!!

+ 2:30 Active Rest – 100 Keep IT Moving! \*Add up time – Should be 4 seconds under Goal Time!

9:30 #CoolDown

7 x 100 x :10RI

Ascend 1-3; Drill 4-6; 7 – Social Kick

Tiger UP!!!