Saturday, October 23rd – LCM – 6:30-7:25/7:30-9:30/10AM – National / Elite

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

Quote: “The Quality of Performance in the Arena is directly proportional to the Quality of Performance in preparation!”

7:45 #SmoothLoosen

S – 400/300 Free – Super Smooth w/ Snorkel

P – 200 Back – Paddles AND Snorkel – NO Snorkel? P – 200 Fly!!!

K – 100 w/ 50 Dolphin – head Lead / 50 Breast – NO Arms

S – 2 x 50 Free – Build Legs to Finish!!!

\*Interval – Time to Switch Equipment or :10-:15RI…NO More!

CSO

7:55 #FAST=FAST

4 x 150 x :15-:20RI w/ Fin and Paddles

150 =

25 Streamline Kick FAST on Stomach – Streamline or Surf

50 Swim – 25 EZ / 25 FAST

50 Smooth – NO Free

25 Streamline Kick On Back to Finish FAST

\*FAST = FAST!

CSO

8:15 #PullN2FAST

4/3x (200 + 50) – Buoy, Paddles, Snorkel

200 Free – Descend 1-4 White to RED!

50 Choice – Smooth

Interval x 3:30 / 4’ / 4:30

\*200 Smooth – 3:30 group! \*100 Smooth – 4’ group! \*50 Smooth – 4:30 group!

CSO

8:35 #KickNFAST

300 x 6’ w/ 50 kick/50 drill/50 swim – Choice!

3 x 100 x 2’ w/ 1 – 50 strong/50 fast; 2 – 25 strong/50 fast/25 strong; 3 – 50 fast/50 strong – All K – BP!

6 x 50 x 1’ w/ 25 FAST / 25 Smooth – All Swim!

-#1/4 – Fly/Free

-#2/5 – Back Only

-#3/6 – Breast/Free

Move to Start End!

8:55 #MaxOutFAST

Round 1

S – 10 x 50 x

1-5 x 1:30 Fly

6 x 1:30

7 x 1:20

8 x 1:10

9 x 1’

10 x :50

(6-10 = Free)

\*Odd – From Block

\*Even – From Running Dive

\*ALL faster than 200 Pace!!!

100 Smooth x 2:40

9:10 Round 2

S – 10 x 50 x

1-5 x 1:20 Backtroke

6 x 1:25

7 x 1:15

8 x 1:05

9 x :55

10 x :45

(6-10 = Free)

\*Odd – From Block

\*Even – From Running Dive

\*ALL faster than 200 Pace!!!

150 Smooth x 3:55

9:30 Round 3

S – 10 x 50 x

1-5 x 1:30 Breaststroke

6 x 1:20

7 x 1:10

8 x 1’

9 x :50

10 x :40

(6-10 = Free)

\*Odd – From Block

\*Even – From Running Dive

\*ALL faster than 200 Pace!!!

200 Smooth x 5’

9:35 #LoosenF

5 x 100 x 1:30 w/ Fins – Long/Smooth to Popov

10:00 Flip Pool & Tiger UP!

9:25 #DSquad

1 x 300 x 5’ Free w/ Paddles

1 x 100 x 2’ Off Block @ 1500 Pace

1 x 300 x 5’ Free w/ Paddles

2 x 100 x 2’ w/ 1 – Push @ 1500 Pace, 2 – Dive @ 800 Pace

1 x 300 x 5’ Free w/ Paddles

3 x 100 x 2’ w/ 1 – Push @ 1500 Pace, 2 – Push @ 800 Pace, 3 – Dive @ 400 Pace

1 x 300 x 5’ Free w/ Paddles

4 x 100 x 2’ w/ 1 – Push @ 1500 Pace, 2 – Push @ 800 Pace, 3 – Push @ 400 Pace as above, 4 – Dive @ 200 Pace \*may do Stroke!

1 x 300 x 5’ Free w/ Paddles