Saturday, December 29th – 6:45-8:15AM

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

 “The Price of Excellence is Discipline. The Cost of Mediocrity is Disappointment.”

7:10 W/U

SKDS – 400 Mixer by 50 x 6:30

S – 8 x 50 x :50(1-5)/:55(6-10)/1’\* Odd – Back/Even – Breast or Fly w/ great technique

K – 200 Choice – BP x 3:40(1-5)/4’(6-10)

K – 4 x 50 x :55(1-5)/1’(6-10)/1:05\* w/ Odd – Fast-EZ by 25’s/Even – EZ-Fast by 25’s

7:25 SK – 3x

S – 6 x 50 x :40(1-5)/:45(6-10)/:50\* Free – Great Technique – ct strokes

\*VK Streamline FAST – After 2nd/4th/6th 50 x :15/:20 FAST! Rd 1 – Flutter, Rd 2 – Dolphin, Rd 3 – Breast

8:00 Main Set

S – 3 x 50 Free x :45(1-5)/:50(6-10)/:55\* Descend to 500 Pace

S – 1 x 50 Fly x :55(1-5)/1’(6-10)/1:05\* AFAP!

K – 2 x 25 Kick w/ 1 – UW FAST, 2 – Streamline on Back – Choice x :25(1-5)/:30(6-10)

S – 4/3(6-10)/2\* x 100 Back x 1:40(1-5)/1:50(6-10)/2’\* Great Technique – work walls/U-W 3-5 Kicks

S – 2 x 50 Free x :40(1-5)/:45(6-10)/:50\* Descend to 200 Pace

S – 2 x 50 Fly x :50(1-5)/:55(6-10)/1’\* Stroke Count @ 2IM pace

K – 2 x 25 Kick w/ 1 – UW FAST, 2 – Streamline on Back – Choice x :25(1-5)/:30(6-10)

S – 4/3(6-10)/2\* x 100 Back x 1:40(1-5)/1:50(6-10)/2’\* Great Technique – work walls/U-W 5-7 Kicks

S – 1 x 50 Free x :35(1-5)/:40(6-10)/:45\* AFAP!

S – 3 x 50 Fly x :45(1-5)/:50(6-10)/:55\* Stroke Count @ 4IM pace

K – 2 x 25 Kick w/ 1 – UW FAST, 2 – Streamline on Back – Choice x :25(1-5)/:30(6-10)

S – 4/3(6-10)/2\* x 100 Back x 1:40(1-5)/1:50(6-10)/2’\* Great Technique – work walls/U-W 7-9 Kicks

8:15 S – 10 x 100 x :10RI Ascend 1-5 w/ Fins-Paddles/Drill 6-10 Free w/ Fins