Saturday, October 13th – 7-9:15/10:15AM

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

“Develop an Attitude that you simply cannot be beaten – that you are an overpowering force. You may be surprised how positive thinking impacts your performance” Nick Saban

7:15 Dynamics/Team Information – Tr. Lanes!

7:55 Dynamic Warm-up

4x

S – 200/150 x 3’ w/ 25 head up + 75 great body line from driving entry through finish x 2!

K – 8 x 25 x :45 w/ Partner – Kick – Switch ev. 25 – Each do 4! Body Line!!!

HVO – 4x – 25’s – 2 from Block/2 from Bulkhead

-Entry, Body Line – Free Speed, UW Effort, Transition, Hold Velocity to Wall – Breathing!

-Rd 1 and 4 – Free; Rd 2 – Fly; Rd 3 – Breaststroke

8:05 S – 8 minutes w/ Free w/ snorkel/paddles – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

8:35 Broken Mile/1000

6x/5x

75/50 Free – Cruise x 1’/1:05

50 Free – ALL Out x 1:05/1:10

75/50 Free – Cruise x 1:10/1:15

75/50 Free – ALL Out x 1:15/1:20

8:40 S – 6 minutes w/ Free w/ snorkel/paddles – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

9:00 #Backagain

S – 2/1 x 100 x 1:30/1:40/1:50 w/ Fins and Paddles (finger-tip if needed) – Focus on Entry/Catch! 5UWK’s!

S – 2/1 x 100 x 1:15/1:25/1:35 Swim – Build w/in each 100 to 95% - Tight Pivot! 7/5/5/7 UWK’s!

D – 3/2 x 50 x 1’/1:05/1:10 w/ 25 Finish Scull – Alt. SA + 25 Mid-Scull – Alt. SA

S – 3/2 x 50 x 1:10/1:15/1:20 Swim – 2nd 25 Faster – 5/7 UWK’s by 25

S – 4/3 x 25 x :30/:35/:40 UWK – FAST w/ 2 Stroke Cycle2 at Race Pace then great technique – Transition!

S – 4/3 x 25 x :40/:45/:50 SPRINT Back – Start to Finish!

9:05 S – 4 minutes w/ Free w/ snorkel/paddles – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

9:20 #BRrrrEaststroke Set or #FlytoWarmUp

3x

4 x 25 x :35/:45

1 – 1 Pull-out or 5 UWK’s + 4 Sprint Cycles

2 – 2 Pull-outs or 7 UWK’s + 3 Sprint Cycles

3 – 3 Pull-0uts or 9 UWK’s + 2 Sprint Cycles

4 – 4 Pullouts or 11 UWK’s + 1 Sprint Cycle

1 x 100/50 w/ Flip Turns x 2’/1:20

9:30 S – 10 minutes w/ Free w/ snorkel/paddles – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

9:45-10:15 Dryland