Saturday, December 22nd – 7-9:30/10:30AM

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

“Love never Fails; Character never Quits; & with Patience and Persistence; Dreams do come True!” “Pistol” Pete Maravich

7:10 TEAM Information

7:55 Race Performance Warm-up: All Groups!

SKDS – 4/3(9)/2(10) x 100 x 1:40(1-8)/2:10(9)/2:40(10) All w/ swim Free or Back w/ great technique, kick – streamline 360 or Torpedo on back, drill w/ SA, swim Free or Back last 25 – build – low stroke count!

KDS – 6/4(9-10) x 75 x 1:20(1-8)/1:40(9)/2’(10) IM Order 1st 3 w/ last 3 – Free! Kick/Drill is Choice! Swim is Great Technique!

DS – 8/7(9)/6(10) x 50 x :55(1-8)/1:05(9)/1:15(10) w/ 1st 4 IM Order – 25 Drill Aggressive-25 Swim-Build to Strong/last 4 – Free – Swim w/ Stroke Maintenance!

S – 6/5(9)/4(10) x 100 x 1:30(1-8)/1:55(9)/2:20(10) w/ 2 sets of 3! Each set – 1 – mile pace, 2 – 1000 pace, 3 – 500 pace!

SDK – 4 x 75 x 1:20(1-8)/1:40(9)/2’(10) IM Order – 1 of each stroke! Kick/Drill is Choice!

S – 1 x 100 Free w/ Efficiency!

8:20 Dynamics, Suit Up, Loosen!

9:10 S – 6/\*8(9-10) x 100/\*50(9-10) x 8’/\*6’ Free/Stroke – Lactate Set!

9:25 W/D – 10/9(5-7)/8(8)7(9)/6(10 x 100 x :10RI Free w/ Fin/Paddle – Ascend 1st half/Drill 2nd half w/ Fin Only!

10:30 Dryland

TEAM Breakfast