Wednesday, April 7th – 3-5:30PM - LCM

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

3:00 Lanelines

3:15 Dynamics + Quote: “BIG things happen when you Consistently do the little things Right.”

3:50 #FlippedWU

400/300 x 7’ Swim w/ 50 Free/50 Back

6 x 50 x 1:05 Descend 1-3 Free / 4-6 Back

300/200 x 6:15 Kick – Choice – small board – Flutter or Dolphin – Body Position – May use Snorkel

4 x 50 x 1:10 Descend 1-4 – ALL Kick w/ Board – Best Kick

200 x 3:50 Swim/Drill – IM – Fly w/ S-D-S / Back – DPS w/ Sweeping Kick / Breast – 3K1P / Free – Popov

2 x 50 x 1’ w/ #1 – Build – Fly from S-D-S / #2 – DPS – Breast – Low Stroke Count

100 Smooth Free

4:20 #Buck50’s

3 Sets of 3

S - 150/100

K - 50

Each Set of 3 x 150:

#1 – 50 Free – Breathe ev. 5 w/ low stroke ct. / 50 Back – Breathing Pattern / 50 Free – Build to Strong w/ Quick Breathe! 50 Kick – Arm Lead Dolphin on stomach w/ Larger Press

#2 – Free – Build Legs by 50 - \*Breathing / \*Stroke Maintenance-Ct – Focal Points! 50 Kick – 3K/1P Breast

#3 IM Order – FAST!!! 50 Kick – 25R/25L – Guide Arm + Eyes on Bottom

Intervals:

#1 x 2:20/1:50

#2 x 2:10/1:40

#3 x 2:30/2’

Kick x 1’

\*Coach Kyle w/ 100’s group + Free Progression!

4:30 #Paddleboard

Up to 4:30 OR 600…whichever expires 1st!

Free w/ Paddles + Board or Buoy at Knees/Ankles Alt. by 100

4:50 #First/LastKick

3x

K – 6 x 50 x :55 Best Stroke Kick!!! Descend 1-3 / 4-6

KSK – 2 x 50 x :45 Streamline Kick First 15m (UW Dolphin) and Last 15m (Flutter) NO Breath FAST – Otherwise, Swim Free Smooth!

ALL w/ Fins…Unless Breast Kick!

:30 ER

5:05 #P&Q’S

8 x 50 x 1:30

#1 – 35m Pull / 15m FAST \*Pulled – Body Line w/ light kick!

#2 – 25m Pull / 25m FAST \*Pulled – Body Line – NO Kick!

#3 – 15m Pull / 35m FAST \*Pulled – Head up – Chin on Surface!

#4 – 5m Pull / 45m FAST/RACE

\*Those Pulled – Smooth, Great Technique

1’RI

2 x 50 x 2’ RACE to WIN – BE TOUGH! #1 – HVO – Fly / #2 – Block – Free

5:15 #Loosen to be GREAT – Minimum 300!