Thursday, January 3rd – 8-10:30AM

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

8:05 Team Information

8:20 Dynamics

“Think Bus NOT Unicycle” – Bob Goff

“NO FEAR this YEAR” – Jon Gordon

8:55 1 x 30 Minute “Free”

May mix up Strokes

May do Drills

May kick – body position only – NO Fins!

May NOT stop other than to get a snorkel or board

May stop at 10 and 20 minute for :30RI to get a water break

\*\*\*Kicking\*\*\*

-provide propulsion

-provide lift

-stabilizing force

-constant speed maintenance

9:25 Kick – Fins/Board/Snorkel – Flutter or dolphin

11-10-9-8-7-6 25’s x :10RI

5-4-3-2-1 25’s x :05RI

Subtract 1:20 when done + Leave behind time to get total time!

GOAL – Fastest time possible

10:25 SK –

1 x 800/700(GC) x 9’ w/ Fins/paddles – even split – strong aerobic free w/ stk maintenance! CI +7.5! May use snorkel! No breath into walls!

1 x 100 x 1:05/1:10(GC) – Hold CI

5/4(GC) x 50 x :55/1’(GC) Back @ 200 Pace!

8/6(GC) x 25 x :30/:35(GC) Free @ 500 Pace!

1 x 400/350(GC) x 4:20 - 1 w/ paddles, 2 – no paddles! Both w/ Fins! 1 w/ neg. split – no stop/by feel; 2 – even split! CI +5! Stk maintenance while “building” swims into walls + No breath into walls!

3 x 100 x 1:10/1:15(GC) – Hold CI -1

3/2(GC) x 50 x 1’/1:05(GC) Breast @ 200 Pace!

8/6(GC) x 25 x :30/:35(GC) Free @ 200 Pace – even, Kick FAST best kick streamline respective side – odd!

1 x 200/150(GC) x 2:05 w/ Fins only! Even Split! CI +2.5! Stk maintenance while “building” swims into walls + No breath into walls + Work underwater to breakout!

5 x 100 x 1:15/1:20(GC) – Hold CI -2

1 x 50 x 1:05/1:10(GC) Fly @ 200 Pace!

8/6(GC) x 25 x :30/:35(GC) Free @ 100 Pace – odd, Kick FAST best kick streamline respective side – even!

2’ RI

1 x 200 Challenge Swim!

10:30 Loosen