Thursday, December 27th – 3:10-5:40PM - SCY

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

3:15 Switch Pool – LCM to SCY

3:30 Tubing and Core Circuit

3:40 Team Information

“Faith and Fear have one thing in common besides the letter F. They both believe in a future that hasn’t happened yet. Fear believes in a negative future. Faith believes in a positive future. If neither has happened yet why wouldn’t we choose to believe in a positive future?”

4:00 Warm-up

2x

S – 200/150(6-10)/100(11-12) x 2:30 Free w/ 8 stroke Max/Length – Kick to wall

K – 200/100(11-12) Streamline on Back – 1 kick/round x 3:30

DS – 200/150(6-10)/100(11-12) x 2:50 IM – Swim Flags to Turns – Fast Out

\*1st Round – Great Technique

\*2nd Round – May Use Equipment

4:30 Kick/Swim

6x

K – 50 BP – Streamline Stomach w/ Flutter or Dolphin – use Snorkel

S – 100/50(11-12) Free w/ Snorkel

\*Interval x 2’(1-5)/2:10(6-10)/1:45(11)/2’(12) – Total Time UNDER best ever SCY 200 Free!

1’RI

6/5(11)/4(12)x

KS – 50 x :50(1-10)/1’(11)/1:10(12) w/ 15 UWK FAST/20 Swim – Great Technique/15 UWK FAST – Fins

KS – 50 x :45(1-10)/:55(11)/1:05(12) w/ 25 smooth BP kick/25 Free w/ Make A Wake Kick! Fins!

1’RI

300/200(10-11) IM w/ Swim-Drill-Swim each 75 or 50!

5:00 S – Active Rest

2/1(11-12) x (300/250(6-10)/200(11)/150(12) Free + 100 Fly/Back - Broken 50 + 50) w/ free x 3:45(1-5)/ 3:20(6-10)/3:30(11)/3:15(12) w/ stroke x 1:40(1-5)/1:45(6-10)/2:05(11)/2:30(12)

\*Free – Aerobic – HR 25 below! \*Stroke – Fly – Build/:05RI/Back – 200 Pace!

2 x (200/175(6-10)/150(11)/100(12) Free + 100 Back/Breast - Broken 50 + 50) w/ free x 2:35(1-5)/2:20(6-10)/2:40(11)/2:15(12) w/ stroke x 1:45(1-5)/1:50(6-10)/2:10(11)/2:35(12)

\*Free – 50 Great Technique/50 Build to Strong x 2! \*Stroke – Back – Build/:05RI/Breast – 200 Pace!

2 x (100/50(11-12) Free + 100 Breast/Free - Broken 50 + 50) w/ free x 1:20(1-5)/1:25(6-10)/1:50(11)/ 2:20(12) w/ stroke x 1:50(1-5)/1:55(6-10)/2:15(11)/2:40(12)

\*Free – Build to 200 Pace w/in 100! \*Stroke – Breast – Build/:05RI/Free – 200 Pace!

5:20 S – 3 sets of 4/3(11-12) x 50 x :50(1-5)/:55(6-10)/1’(11)/1:10(12) w/

Set 1 – IM Order – Build to FAST Turn/Race off wall through 1-2 stroke cycles to DPS

Set 2 – IMO 25 + 25 Free – Build to Flip Turn/Race off wall through 2 stroke cycles to DPS

Set 3 – Free – Great Technique – May drill 2nd 25!

:30RI

Then, 10 minute Free/Back by 25 w/ great technique – HR below 25!

5:30 Relay Exchanges

5:40 Loosen – 6 x 100 x Tiger 100’s