Thursday, April 4th – 3:30-5:30PM – Spring Break Workout Group – 11 and Over

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

3:45 Dynamics + TEAM Information – Workout is all Rest Intervals regardless of course swimming! LCM at FHS!

4:10 W/U

S – 500 Free w/ every 4th 50 Backstroke x :10RI

K – 6 x :10 on/:10 off Vertical Kick – Flutter w/ hands on thighs

S – 300 Free w/ every 3rd 50 Backstroke x :10RI

K – 6 x :10 on/:10 off Vertical Kick – Flutter w/ hands on shoulders

S – 100 Free w/ every 2nd 50 Backstroke

4:35 S – 2 Sets of: 4 x 100 x :20RI Free + 4 x 50 x :10RI Free

Set 1 – 100’s as 25 Streamline 360/25 RA breathing away/25 LA breathing away/25 w/ 7 Hand-Hits

Set 1 – 50’s as Flutter Kick w/ Board/Snorkel – build to FAST

Set 2 – 100’s as 25 Arm Lead-Position 11/25 Arm Lead R or L/25 Reverse Catch-up/25 Touch and Pull

Set 2 – 50’s as 1 – Touch and Pull w/ FAST Kick, 2 – Build Tempo from Touch and Pull w/ FAST Kick to Swim w/ FAST Kick, 3 – Swim w/ DPS w/ FAST Kick, 4 – ALL FAST!

4:55 S – 3 x 400 x :20RI Free w/ Fins and Paddles – Build by 100 w/in each 400 to Strong!

5:15 KS – 4 Rounds of 4 x 50 x :10RI

Rd 1 – VK x :10 Flutter Streamline then Wall Kick x :10 Flutter to Flip Turn w/ U/W 15 meters on back then swim Backstroke

Rd 2 – VK x :10 Flutter Streamline then Wall Kick x :10 Flutter to Flip Turn w/ U/W 15 meters on stomach then swim Freestyle

Rd 3 – VK x :10 Flutter Streamline then Take It Over to Streamline 360 to 25 then swim Backstroke

Rd 4 – VK x :10 Flutter Streamline then Take It Over to Streamline 360 to 25 then swim Freestyle

5:30 S – 20 x 25 x :10RI IM Oder w/ 4 sets of:

1 – Kick/2 – Drill/3 – Build/4 – FAST/5 – Great Technique

Loosen 300 Choice

Tiger Up!!!