Tiger Stations 10/19

Dryland

Loosen 600

Power

8x50 @ 1:00 4 free 4 back 5-7 WHALE kicks prior to breakout

Speed

4x25 @ :30 AFAP Free

4x50 @ 1:00 AFAP Back with 7 UWDK off second wall

4x25 @ :30 AFAP Free

Kick with socks

4x125 @ 2:00 kick with socks and fins

Think whale kick from the chest on back with small board

FAST kick

8x50 @ 1:00 fish kick with hands to sky

Start with 5 sec flutter wall kick then flip into 5 UWWK and right side down left side back 5 UWWK off second wall as well

Pull

8x75 @ 1:00 with paddles, snorkel, and buoy free pull

Loosen to 8

Post Stations

WU:

5x100 @ 1:30 build legs

2x250 @ 5:00 choice kick

500 @ 7:00 with paddles long free

10x50 @ 1:00 kick with small board descend 1-5

4x125 @ 2:00 odds 25 fly 25 free evens 25 free 25 15 UWDK FAST from wall

Yscull

Buoy and pad

6x100 @ 1:45 25 font scull 50 breast pull 25 front scull

Buoy off

6x75 @ 1:20 25 front scull 25 head lead dolphin 25 front scull

6x50 @ 1:00 25 front scull 25 3K1P breast

6x25 @ :30 FAST breast

Kick work

With small board

4x125 @ 2:10 breast kick 25 FAST 25 mod

4x100 @ 1:45 flutter kick

8x25 @ :30 AFAP Kick

Blue:

3x

2x25 @ :30 drill

2x50 @ :50 build

2x75 @ 1:30 200 pace or FASTER

Loosen

6x100 @ 1:30 breathe every 7th