Tiger Stations 10/21

Loosen: 600

Power:

8x50 @ 1:00 4 Fly 4 breast FAST resisted swim back assisted

Speed:

75 @ 1:30 Build from 85% to FAST Free

4x25 @ :30 FAST Fly

2x50 @ 1:00 FAST Fly

2x25 @ :30 FAST Breast

75 @ 1:30 build from 85% FAST Breast

Kick with socks

7x50 @ 1:05 flutter with small board

FAST Kick

Flutter with small board

5x100 @ 1:40 FAST flutter – get as much rest as possible

Sensation:

2x50 @ :50 with whiffle balls popov

2x50 @ :50 right hand left whiffle ball popov

2x50 @ :50 left hand right whiffle ball popov

2x50 @ :50 popov stay long

2x50 @ :45 Free swim low stroke count

Loosen to 8:00

Post Stations 10/21

WU:

4x150 @ 2:00 50 Free 50 Back 50 Free

4x75 @ 1:20 choice kick with small board

2x150 @ 2:00 50 Free 50 Breast 50 Free

4x75 @ 1:120 choice kick with small board

4x100 @ 1:20 descend 1-4 so #4 is FAST

4x50 @ 1:00 :05 sec vertical kick hands on shoulders then push off into 5 UWDK FAST, FAST Fly swim open turn 7 UWDK FAST and FAST fly to wall finish to feet

Paddles on

4x100 @1:30 25 front scull 75 Free with buoy

Paddles off

4x50 @ 1:00 :05 sec wall flutter into FAST flip into 5 FAST UWDK, then Free FAST to wall, flip then 7 FAST UWDK FAST free to wall

4x125 @ 2:00 25 Free 25 fly swim

4x50 @ 1:00 FAST Breast swim with Strong pullouts and explosive breakouts

4x75 @ 1:30 3K1P breast with flips and 3 kicks off wall in streamline

4x50 @ 1:00 :05 sec wall flutter into FAST flip into 7 FAST UWDK, then BACK FAST to wall, flip then 9 FAST UWDK FAST Back to wall

12x75 @ 1:15 descend 1-3 so number 3 of each round is 200 pace

5x100 @ :05 sec rest #1 red then ascend from to smooth