Tuesday, June 29th – SCY – National/Elite

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

Quote: “Successful and Unsuccessful people do NOT vary greatly in their Abilities. They vary in their Desire to Reach their Potential.”

Dynamics – 15 Minutes

W/U: 15 Minutes

S - 1 x 400 free x 4:30 w/ Stroke Maintenance – 1 focal point

S – 4 x 50 free x :50 Descend 1-4 to 500 Pace

KDS – 8 x 25 IM Order (2 of ea. Stk) x :35 w/ Odd – 25 kick or drill; Even 25 – Build to Fast

Stations: 60 Minutes

Station 1 – Resistance (wear a t-shirt, shorts, socks, anything – 8 x 50 x 1:10 FREE w/ Last 4 w/ FINS! Goal – Under :20/25! Take extra :40 RI after #4!

Station 2 – Speed – 8 x 50 x 1:10 FREE – FASTER than 2nd 50 of Best 100! Take extra :40RI after #4! 2nd 4 – FASTER!!!

Station 3 – Stroke – 16 x 25 x :40 w/ Odd – Underwater; Even – FLY or Breast w/ Underwater – Fly @ Race pace Tempo; Beast w/ 2 Pull-outs!

Even – FLY w/ low Stroke Ct.! Breast w/ 2K/1P – Body Line/Position!

Station 4 – Kick

1 x 200 x 4’ breast with small board – 10 sec vertical kick with board above head at 100

4 x 50 x :50 w/ 3K1P breast

1 x 150 x 3’ dolphin with small board – 10 sec vertical kick with board above head at 100

4 x 25 x :30 breast no arms

1 x 100 x 2’ flutter with small board – 10 sec vertical kick with board above head at 100

Station 5 – Pull w/ Paddles

16 x 25 x :40 w/ small paddles and buoy

4 – front scull

4 – mid scull

4 – 4 front to 4 mid

4 – breast pull with buoy

Post Station: 20 Minutes

8 x 75 x 1:15 – small paddles

Odds - back w/ 25 torpedo, 25 w/ 12.5 finish scull 12.5 mid scull, 25 back swim

Evens - 25 breast 1 up 1 under, 25 breast w/ 5 stroke max, 25 free Popov

200 x 3’ back 25 Right arm only, 25 Left arm only, 25 2R-2L, 25 back swim

8 x 50 x :50 Free - pull 10-8 stroke max by 25 per 50

14 minute w/ Fins w/ HR @ 120 BPM OR 20! Check 2x

KDS Set: 25 Minutes

2 x 200 x 3’ Fly w/ #1 – 100 w/ hip delay and 100 w/ 1P/3K! #2 – 25 Fly w/ Flutter, 25 swim great technique – think forward, minimum recovery time – fast hands @ finish!

4 x 25 x :30 w/ Odd - u/w dolphin Kick streamline - FAST! Even – Race Pace – 200 Pace!

3 x 100 x 1:45 Back w/ Odd 25’s – kick on back flutter w/ hands apart 1st 25, streamlined 3rd 25 – All Kick – strong; Even 25’s – 2R/2L,

4 x 25 x :35 w/ Odd – u/w dolphin Kick streamline - FAST! Even – Race Pace – 200-100!

4 x 50 x 1’ Breast w/ #1 – K on back streamline, #2 – Breast Pull w/ Flutter kick, #3 – 1 Up/1 Down, 4 – Max DPS 25, DPS/S 25!

4 x 25 x :40 w/ Odd – u/w pull-outs! Even – Race Pace – 100!

Loosen until Loose and HR is low!

Tiger Up!