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

WU: 30 Minutes

4x 100 x 1:30 w/ 25 head lead dolphin, 50 swim, 25 streamline dolphin

6 x 50 x :50 w/ 37.5 back swim, 12.5 UWWK to wall

4 x 75 x 1:20 w/ small board - 25 flutter, 25 catch-up, 25 Popov

2 x 200 x 3’ w/ 4th 25 FAST

8 x 25 x :30 cutter set

Stations: 30 Minutes

Power:

8 x 50 x 1:15 FAST w/ resistance easy back

Free last 4 with fins

Speed: all free

2 x 25 x :45 FAST 12.5 UWDK

75 x 1:30 3-5 UWDK per wall FAST

2 x 25 x :45 FAST 12.5 UWDK

2 x 50 x 1:15 5-7 UWDK per wall FAST

2 x 25 x :45 FAST 12.5 UWDK

75 x 2’ FAST 4-5-6 per wall UWDK

50 x :30 FINISH FAST

Kick w/ sponges/fins/small board

4 x 75 x 1:30 w/ 3-5 UWDK per wall then flutter rest of length

4 x 50 x 1:00 w/ 3-5 UWDK then dolphin rest of length

Post stations: 60 Minutes

With pad and buoy

4 x 25 x :40 front scull

4 x 25 x :40 mid scull

4 x 25 x :40 4 front 4 mid 4 full

6 x 50 x 1’ breast pull

Pad and buoy off

4 x 100 x 1:50 breast kick w/ small board

8 x 25 x :30 odds 1 up 1 under, evens 1 breaststroke 1 fly stroke

6 x 50 x 1’ 3K1P w/ 3 kicks in streamline off wall

2 x 100 x 1:30 back w/ 25 2R-2L, 25 double arm

3 x 50 x 1:10 descend 200 pace +1, 200 pace, 200 pace -1

4 x 25 x :30 Popov

3 x 100 x 1:40 breast with double pullouts

8 x 25 x :45 FAST odds breast, evens fly

2 x 200 x 3’ 50 back / 50 breast

2 x 50 x 1’ breast 200 pace

Loosen – 10 Minutes - Tiger 100s x 6