Tuesday, January 1st – 7:30-10AM – Happy NEW Year!

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

7:45 Tubing + Dynamics

8:05 Team Information + Big Picture Thinking + TED Talk + One Word ’19 + UWK

“Decide what you want, find out how to get it, and then take daily action toward achieving what you want.”

8:25 W/U

S – 400/350(11-16)/300(17-18) Free w/ 5 UWK’s off each wall x 6:40

D – 4 x 50 x 1’/1:10(17-18) w/ 25 frontal scull/25 free

S – 4 x 100/75(17-18) x 1:50 Free – 1 w/ knuckle paddles, 2 w/ paddles, 3 w/out paddles – 8 stroke max, 4 w/ best technique – build to Strong!

8:40 Kick/Swim – 3x

K – 6 x 25 x :35 w/ 1-2: Streamline Dolphin on Back; 3-4: Streamline Flutter on Back; 5-6: Streamline Breast on Back – Make Intervals – NO strokes to wall!

S – 2 x 25 x :40 w/ 1 – Build Swim; 2 – FAST w/ Rd 1 – Fly; Rd 2 – Back; Rd 3 – Breast

\*Coach Gernert Modify as needed!

9:15 #RaceTechnique

3 Rounds: IM Order – Pick a Stroke to NOT DO! ALL DO FREE!

4 x 25 x :35 w/ 1 – DPS/Technique; 2 – Build to 200 Pace; 3 – 200 Pace; 4 – FASTER – 100 Pace Min.

4 x 75 x 1:05 Free/1:10 Fly-Back/1:15 Breast – Great Technique – \*Maintain Stroke Counts\* - 200 Pace

50 SPRINT Streamline Kick on Back x 1’

2 x 50 x :55 Choice – Great Technique

:30-:60RI

9:55 #FAST’19

3 x 200/150(17-18) Free – Descend x 2:40(1-4)/2:45(5-6)/2:50(7-9)/2:55(10-12)/3’(13-18)

2 x 50 Free – 200 Pace x :55(1-6)/1’(7-12)/1:05(13-18)

1 x 50 Free – 500 Pace x 1’(1-6)/1:05(7-12)/1:10(13-18)

:30RI

100 Free – Sprint – AFAP x 1:30

1’RI

3 x 150/100(13-18) w/ 50 Stroke/50 Free/50 Stroke – Descend x 2:20(1-4)/2:25(5-6)/2:30(7-9)/2:35(10-12) /2:20(13-18)

2 x 50 Stroke – 200 Pace x 1’(1-6)/1:05(7-12)/1:10(13-18)

1 x 50 Free – 200 Pace x 1’(1-6)/1:05(7-12)/1:10(13-18)

:30RI

100 Stroke – Sprint – AFAP x 1:30

1’RI

3 x 100 IM – Descend x 1:30(1-4)/1:35(5-6)/1:40(7-9)/1:45(10-12)/2’(13-18)

2 x 50 Back/Breast by 25 – 200 Pace x 1:05(1-6)/1:10(7-12)/1:15(13-18)

1 x 50 Free – 100 Pace x 1’(1-6)/1:05(7-12)/1:10(13-18)

:30RI

100 IM – Sprint – AFAP x 1:30

1’RI

10:00 Loosen – 25’s x :05RI – Choice of Stroke – Great Technique!