Tuesday, April 2nd – 3:30-5:30PM – Spring Break Workout Group – 11 and Over

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

3:45 Dynamics + TEAM Information – Workout is all Rest Intervals regardless of course swimming! LCM at FHS!

4:00 W/U

S – 400 x :20RI Loosen – Mix Free/Back

D – 4 x 50 x :10RI Free - Choice

S – 4 x 100 x :15RI Free – Descend!

4:15 DS – 10 x 50 x CSO w/ 25 Drill Sequence + 25 Touch and Pull w/ Stroke Maintenance! All Free!

\*Free Focal Points: head/body position, streamlined body, balance point, rhythm and timing, engaged

core, efficient kicking! \*Snorkel and Kick Stick! \*Tuck/Dead-Person Float Positions!

1. Arm Lead w/ Kick stick from float
2. Arm Lead Balance w/ streamline 360 w/ stick from float
3. Arm Lead Balance w/ Right then Left from push-off
4. R/L Arm breathing towards w/ Guide Arm
5. R/L Arm breathing away – opposite hand on lower (behind) back
6. Hand-Hits – 7 then 5!

\*Touch and Pull Drill last 25!!! Front Quadrant Swimming! \*OH, Vertical Kick START to FINISH!!!

4:30 S – 12 x 50 x :10RI Free w/ 3 Rounds of 4 x 50 w/

Rd 1 – Fists or Tennis Balls

Rd 2 – Whiffle Balls

Rd 3 – Stick w/ Touch and Pull

Rd 4 – Free w/ Leg Drive

4:50 Kick Set w/ Fins – All Flutter

K – 3 x 150 x :15RI Descend 1-3 – Streamline 360

K – 3 x 100 x :10RI Descend 1-3 – Torpedo

K – 3 x 50 x :05RI w/ 25 hands streamline + chin on surface – Kick FAST + 25 streamline Descend 1-3

+

K – 1 x 50 AFAP Streamline!!!

+

S – 1 x 50 EZ

5:25 Back Set

S – 4 x 100 Back x :15RI w/ Fins and Paddles – All Strong

S – 4 x 100 Back x :20RI w/ Paddles only – Build each 100 – Hold Best Average w/ HR below 30!

S – 6 x 50 x :10RI w/ puck on forehead – Still head position – Great Technique

S – 6 x 50 x :15RI w/ Odd – 5-7 UWK’s off wall; Even – 7-9 UWK’s off wall + 1st 25 DPS; 2nd 25 Build to FAST

S – 8 x 25 x :05RI w/ Odd – FAST Back; Even – Double Arm Back – Catch and Throw to Feet

5:30 Loosen – 300 choice

Tiger Up!!!