Wednesday, March 31st – 5::30-6:45PM

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

Quote: “Success doesn’t come from what you do occasionally. It comes from what you do consistently.”

6:00 #SkillWU

S – 4 x 125 x 2:15 Free/Back by 25’s – MUST hold glide off wall until toes under flags!!!

S – 4 x 100 x 1:30 Free w/ 25 Frontal Scull w/ Flutter / 75 Free on the Rails

S – 4 x 75 x 1:15 IMO w/ 25 Mid Scull/25 Popov/25 Free Builld

S – 4 x 50 x :55 Choice of Stroke – 12.5 Smooth/25 Strong/12.5 Smooth – Build into wall/FAST Feet to wall /Jump off wall/UW Kick to Middle/Smooth 12.5

S – 4 x 25 x :30 Choice of Stroke – Blast off wall – Focus on Breakout + 2 Stroke cycles then Smooth

2’RI

6:15 #Surfun’

3x

K/S – 4 x 25 x :30 w/ Fins – 12.5 Surf Kick / 12.5 Smooth Swim – Focus on engaged core and get on TOP of the Water!

K/S – 2 x 50 x 1’ w/ Fins w/ 25 Streamline UWK – Build – Amplitude to Speed / 25 Swim Fly

S – 50 Free x 1’ – Smooth!

2’RI

6:40 #LittleBitOf…

3 Rounds

Rd 1

S – 200 x 3:15 w/ Paddles and Snorkel OR Buoy – Get Stroke Count by 25 – Think Low as you Go!

S – 7 x 50 x :55 w/ Odd – Streamline Flutter on Back / Even – Back Swim w/ Min. 7 UWK off Walls

S – 50 x :50 Smooth Free

Rd 2

S – 200 x 3’ w/ Paddles – Get Stroke Count by 25 – Think Low as you Go!

S – 5 x 50 x 1’ w/ Odd – Arm Lead Dolphin w/ Low Kick Count / Even – Fly Swim w/ Min. 5 UWK off Walls

S – 50 x 1’ Smooth Free

Rd 3

S – 200 x 2:45 w/ Fins and Paddles – Get Stroke Count by 25 – Think Low as you Go!

S – 3 x 50 x 1:05 w/ Odd – 3K/1P Breast / Even – 1 Up / 1 Under Breast Swim

S – 50 Smooth Free

6:45 Loosen – Coach Choice!

Tiger Up!!!