Wednesday, April 6th – 3:15-5:45PM – LCM

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

Quote: “Having a high work ethic in something is usually a by-product of:

1. A PASSION for what you do
2. A PURPOSE as to why you do it
3. The reward the PROCESS gives.”

3:35 Dynamics / Pool to LCM

4:10 #2kOOsOn

800 x 12’ w/ fins - 50 kick / 100 free / 50 no free

6 x 100 x 1:45 w/ 25 S-D-S Fly / 50 Popov Free / 25 w/ 2R-2L Back

Fins Off

400 x 6’ free w/ snorkel and paddles – may descend

4 x 50 x 1’ Odd - build / Even - FAST UW and breakout through 15m – remainder is smooth

4:45 #2kArobicPrep

4 x 50 x 1’ Odd - S-D-S 25 – fly build-swim 25 / Even - fly swim Strong 25 – free smooth 25 - \*Upkick!

400/300 x 5:30 / 4:30 Free – long, great technique, breathe every 5th w/ 3 UWDK

4 x 50 x :55 Odd – Torpedo Kick 25 – back build-swim 25 / Even - back swim Strong 25 – free smooth 25

300 x 4’ / 4:15 Free – long, great technique, breathe every 7th w/ 3-5 UWDK

4 x 50 x 1:05 Odd – 1Up/1Un – breast build-swim 25 / Even - breast swim Strong 25 – free smooth 25

200 x 2:35 / 2:45 Free – long, great technique, breathe every 9th / 5 UWDK

4 x 50 x :50 Odd - Popov 25 – free build-swim 25 / Even - free swim Strong 25 – free smooth 25

100 x 1:15 / 1:20 Free – long, great technique, breathe 8 times MAX / 5-7 UWDK

4 x 50 x 1:15 IM Order @ 400 Pace – Ct. – Low Stroke Counts

5:10 #1kICK2GOSTRO

100 x 2’ Dolphin w/ small board – palms on board – may use snorkel

3 x 50 Fly x 1’ w/ 1 – Drill / 2 – Swim – Low Stroke Count / 3 – 400 IM Set-up – Press!

2 x 100 x 1:50 Flutter – Streamline Torpedo on Back

3 x 50 Back x :55 w/ 1 – Drill / 2 – Swim – Low Stroke Count / 3 – Build to 200 Pace

3 x 100 x 2:10 Breast – Head Lead – NO Arms 50 + 50 w/ 1up-1under

3 x 50 Breast x 1:05 w/ 1 – Drill / 2 – Swim – Low Stroke Count / 3 – Race and Count Combo

5:35 #1.5kBuildFFort

400 x 5:20 / 5:40 Free – Paddles and Buoy at knee

2 x 150 x 2:10 / 2:20 w/ #1 Fly/Back/Free & #2 Back/Breast/Free w/ #2 faster than #1

3 x 100 x 1:30 / 1:35 Back – Descend

2 x 50 x :50 / :55 Free – 400 pace #1 w/ #2 – FASTER to 200 pace

400 w/ Paddles and Buoy at Ankle – Smooth OR Paddles and Board at Knees – Ride the Rail

5:45 #5Alive

4 x 100 Ascend x :10 sec rest

2 x 50 x 1’ w/ 25 mental moment / 25 smooth

Flip Pool to SCY & Tiger UP!!!