Wednesday, June 30th – LCM – 6:30-8AM – NAT/Elite – The Best of June ‘21

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

Quotes:

“A coachable athlete is humble, disciplined and open to criticism and feedback. No matter how great they become, they still remain committed to their own personal development.”

6:50 #Broken8toWake

800 w/

50 – HVO w/ Glide to 15m + 20 Strokes – Free + Streamline Kick to Finish

CSO

50 – Championship Start w/ FAST (UW+Surface) 15m + Smooth 20 + Build to FAST Finish 15

CSO

100 – 25 Popov / 25 Build to Racing Turn / 25 Blast UWK to 15m – Swim 10m / 25 Popov

CSO

100 – Long and Smooth – Breathe only 2 Spectators

CSO

200 – 9 / 7 / 5 / 3 ct. Breathing by 50

CSO

100 – Long and Smooth – Breathe only 2 Bleacher Side

CSO

100 – 25 Touch and Pull / 25 Build to Racing Turn / 25 Blast UWK to 15m – Swim 10m / 25 Touch and Pull

CSO

50 – HVO w/ FAST (UW+Surface) 15m + Smooth 20 + Build to FAST Finish 15

CSO

50 – Championship Start – Glide to 15m + 20 Strokes – Free + Streamline Kick to Finish

Fins/Paddles ON

“Coaches love an athlete who brings a great attitude and energy. Both require no talent, only a choice.”

7:05 #TidalWave

4x

50 w/ 15m UWK – FAST / 20m Swim Low Stroke Ct. / 15m Tidal Wave – Streamline Kick

50 w/ 25m Kick – Strong – Choice of Side / 25m Tidal Wave – SWIM LONG w/ LEG DRIVE!!!

x 1:30 ev. 50!

\*ALL w/ Fins/Paddles

“YOU are what YOU do and YOU become what YOU’VE done. But who YOU are and what YOU become lies in what YOU do next.”

7:25 #FinikickyFun

4 x 50 x 1’ R-Fin, L-Paddle

8 x 25 x :30 Kick w/ Fins/Stick – Odds – Alt. R-L Arm Lead, Even – Streamline on Back – ALL Flutter

4 x 50 x 1’ L-Fin, R-Paddle

8 x 25 Kick x :30 Kick w/ Fins/Stick – Odds – Alt R-L Arm Lead, Even – Streamline on Back – ALL Dolphin

4 x 50 x :50 Fins & Paddles – Descend 1-4 FAST w/ LEG DRIVE!

“Talent is a Gift, Hard Work is a Choice!”

7:35 #FlippiNKickiNFAST

2 x Pushback Wall Kicks w/ :05 at Wall – All Flutter

CSO

:20 Wall Kick – FAST \*:10 Apart!

15 FAST + 35 Smooth x 1’

:15 Wall Kick – FAST \*:10 Apart!

25 FAST + 25 Smooth x 1’

:10 Wall Kick – FAST \*:10 Apart!

35 FAST + 15 Smooth x 1’

:05 Wall Kick – FAST AT END of 50!!!

Flip off Wall Kicks to UWK Dolphin to Swim Back or Fly FAST to Smooth Back or Free

“Good teams become GREAT teams when the members trust each other enough to surrender the ME for WE.”

7:50 #P’s&Q’s

8 x 50 x 1:15

#1 – 35m Pull / 15m FAST \*Pulled – Body Line w/ light kick!

#2 – 25m Pull / 25m FAST \*Pulled – Body Line – NO Kick!

#3 – 15m Pull / 35m FAST \*Pulled – Head up – Chin on Surface!

#4 – FAST

\*Others Pulled – Smooth, Great Technique

4 x 50 x 1:15 w/ 12.5 UWK FAST + 12.5 Surf Kick Flutter + 50 Streamline Dolphin FAST – on Back

\*All w/ 1 Paddle!

8:00 #LetITLoose

10 x 50 x :35 Ascending Interval w/ last 5 on 1’ w/ last 5 Drill – ALL w/ Fins!