Wednesday, January 2nd – 7:30-10AM – Happy NEW Year!

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

3:15 Switch Pool

3:30 Tubing/Ab Routine

3:40 Team Information + N.O. F.E.A.R. + TEAM

4:10 Dynamic W/U

S – 6 x 100 x 3:30-4

25 off block – UWK – FAST

Climb out – Catch Breath

Run and Dive – FAST to 15 then Flip Turn

20 yd. Choice w/ “timed” turn to breakout w/ 2 FAST stroke cycles

EZ to Bulkhead – climb out

Jump in to 6 Streamline Jumps

Breaststroke Pull-outs or DPStroke past last laneline

10 sec. VK Streamline Dolphin

FAST Finish – Choice of Stroke

4:25 KS – 6/5(11)/4(12)x

K – 50 x :50(1-5)/:55(6-10)/1’(11)/1:05(12) Streamline on back w/ 25 strong/25 FAST

S – 100 x 1:20(1-5)/1:25(6-10)/1:40(11)/2’(12) Free – 50 DPS/50 Build

5:15 “DIM” Group

S – 4 x 200 x 2:30/2:40 HR 25 – Pink – RI :10-:30

S – 4 x 50 x 1’ Mile OR 4IM Pace

S – 4 x 25 x :40 @ 100 Pace w/ TT – Free

ON Top

S – 3 x 200 x 2:30/2:40 H% 25 – Pink – RI :10-:30

S – 3 x 50 x :55 @ 1000 OR 4IM Pace – NO Free

S – 4 x 25 x :40 @ 100 Pace w/ TT – Free

ON Bottom

S – 2 x 200 x 2:30/2:40 HR25 – Pink – RI :10-:30

S – 2 x 50 x :50 @ 500 OR 2IM Pace – Ba/Br

S – 4 x 25 x :40 @ 100 Pace w/ TT – Free

ON Top

S – 1 x 200 x 2:30/2:40 HR 25 – Pink – RI :10-:30

S – 1 x 50 x :45 @ 200 Pace – Free

S – 4 x 25 x :40 @ 100 Pace w/ TT – Free

ON Top - 2’RI

5:35 Twenty Minute Free w/ Fins at HR 20\*

4:55 S – Active Rest

2/1(11-12) x (300/250(6-10)/200(11)/150(12) Free + 100 Choice Strk - Broken 50 + 50) w/ free x 3:55(1-5) /3:35(6-11)/3:15(12) w/ stroke x 1:50(1-5)/1:55(6-10)/2:05(11)/2:30(12)

\*Free – Aerobic – HR 25 below! \*Stroke – Build 50/:05RI/Stroke – 400 IM Pace!

2 x (200/175(6-10)/150(11)/100(12) Free + 100 Choice Stk - Broken 50 + 50) w/ free x 2:40(1-5)/2:30(6-10) /2:40(11)/2:20(12) w/ stroke x 1:55(1-5)/2’(6-10)/2:10(11)/2:35(12)

\*Free – 50 Great Technique/50 Build to Strong x 2! \*Stroke – Build/:05RI/Stroke – 200 IM Pace!

2 x (100/50(11-12) Free + 100 Choice Strk - Broken 50 + 50) w/ free x 1:25(1-5)/1:30(6-10)/1:55(11)/ 2:20(12) w/ stroke x 2’(1-5)/2:05(6-10)/2:15(11)/2:40(12)

\*Free – Build to 500 Pace w/in 100! \*Stroke – Build/:05RI/Stroke – 200 Pace!

5:15/5:35 S – 3 sets of 4/3(11-12) x 50 x :55(1-5)/1’(6-10)/1:05(11)/1:15(12) w/

Set 1 – IM Order – Build to FAST Turn/Race off wall through 1-2 stroke cycles to DPS

Set 2 – IMO 25 + 25 Free – Build to Flip Turn/Race off wall through 2 stroke cycles to DPS

Set 3 – Free – Great Technique – May drill 2nd 25!

:30RI

Then, 20 minute Free/Back by 25 w/ great technique – HR below 25!

5:40 TIGER UP!!!