Wednesday, October 16th – 3:10-5:40PM – Short Course Yards

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

3:35 Dynamics + Ankle Flexibility + Team Information + Quote:

“Remember, It doesn’t matter who says you can’t…as long as you’re not one of them!”

4:00 #PreptoRace

S – 300 x 5’ w/ 75 Free w/ Odd Ct. Breathing/25 Back - \*Think Balance

SD – \*Mix as Choose

3 x 100 Free x 1:40 + 3 x 100 IM x 1:45 – All w/ 3 Focal Points!

2 x 100 Free x 1:35 + 2 x 100 IM x 1:40 – All w/ 2 Focal Points…must be different from Rd 1!

1 x 100 Free x 1:30 + 1 x 100 IM x 1:35 – All w/ 1 additional Focal Point!

4:40 #POWERUP!!!

S – 6 x 50 x 1:20 w/ sponge or chute – Build to Strong!

100 Smooth/Quiet x 3’

S – 6 x 50 w/

-2 @ 1:30 w/ 25 FAST / 25 Smooth

-2 @ 1:40 w/ 37.5 FAST / 12.5 Smooth

-2 @ 1:50 w/ 50 FAST

100 Smooth/Quiet x 3’

S – 6 x 50 x 2’ w/ Fins – Off Block – ALL OUT FAST

100 Smooth/Quiet x 3’

\*1 Stroke on ALL 50’s…smooth may go Free

\*Smooth/Quiet – Free

\*BEST NON-Breaststroke Stroke!

4:55 #AerobicEN

1000 Free w/ Fins/Paddles/Snorkel

-Stroke Counts same EVERY 25 – Kick Counts too!

-Balance Stroke

-Find Rhythm/Tempo – Pacing

5:30 #TurnStation

-Station 1 – Long Axis w/ Coach Sanchez

-Station 2 – Short Axis w/ Coach Haley

-Station 3 – Cross-over w/ Coach Keller

5:40 #PostRaceLoosen

-10 x 50 x :10RI Ascend 1-5/Swim-Drill 6-10