Wednesday, October 16th – 6:30-8AM – Short Course Yards

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

Quote: “The small details add up in the end. The habits you build, the choices you make and things you do on a daily basis either set you up for success or for failure!”

6:35 Stretch/Dryland WU

6:55 #LoosenToKickIT

S – 1 x 400 Mix-it-up Swim

LSO

K – 8 x 25 x Flutter w/ Partner w/ perfect body line! Drive Your Performance! Switch after ev. 25! 1st Person Alternate Stomach/Back; 2nd Person – Stomach Only!

LSO

SKDS – 1 x 400 IM – SKDS by 25

7:35 #Fun45Kick

9 x 45 x 1’ VK @ Flags – Hands on Shoulders x :10 – Take it over – Streamline Flutter w/ Snorkel – Strong!

4 x 25 x :45 w/ UW Dolphin – Streamline on Choice of Side – FAST

7 x 45 x 1’ VK @ Flags – Hands on Shoulders x :10 – Take it over – Streamline Flutter on Back as above!

6 x 25 x :35/:45 w/ R/L Fishtail Dolphin w/ Fin Up by 25 – All Strong

5 x 45 x 1’ Streamline Flutter – stomach w/ Snorkel – Build to 45 – Sprint Free last 5 to wall/great finish

8 x 25 x :30/:45 w/ Streamline Dolphin w/ Snorkel on Stomach w/ Odd – FAST / Even – DPK

3 x 45 x 1’ Streamline Flutter – back w/ Snorkel – Build to 45 – Sprint Back last 5 to wall/great finish

10 x 25 x :25 w/ Odd – Head Lead Dolphin – Stomach or Back – DPK / Even – Choice of Kick – NO Dolphin – Streamline – FAST!

\*All 50’s w/ Fins! \*No Fins on 25’s! \*Last 25 is ALWAYS on the :45!

7:50 #TombstoneTouche

9x

Tombstone Touche w/ Partner x :20 Power Kick – 3x Dolphin, Flutter, Breast

:05 Switch

:15 Streamline VK – Dolphin

:05 Switch

:10 Streamline Jumps

:10 RI

8:00 #F&P500Loosen