Wednesday, October 17th – 6:30-8AM – Fall Break

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

“Start the day with Gratitude! Be Thankful and thank others. When you Appreciate you Elevate. You Elevate your mood and the Energy of the TEAM!”

6:30 Team Information

7:00 1 x 30 Minute “Free”

May mix up Strokes

May do Drills

May kick – body position only – NO Fins!

May NOT stop other than to get a snorkel or board

May stop at 10 and 20 minute for :30RI to get a water break

7:50 #KickBrokenFARTleks

4x

Broken 400 Kick + 4’ FARTlek x 5’

Rd 1 – 2 x 200 x :20RI – FAST/ROM by 100

Rd 2 – 4 x 100 x :15RI – FAST/ROM by 50

Rd 3 – 8 x 50 x :10RI – FAST/ROM by 25

Rd 4 – 16 x 25 x :05 RI – FAST/ROM by 12.5

\*Each Round BP Kick + different kick each Round!

4’ FARTlek x 5’ after each Round:

-Odd Rounds – 25 Weak Stroke – Drill + 25 Free w/ 5 ct. “Quick” Breathing – Build to 200 Pace!

-Even Rounds – 12.5 UWK – FAST + 37.5 Choice Drill

8:00 Repeat 25’s w/ SA Strokes – 6; LA Strokes – 10 per 25 then kick rest of length