Wednesday, December 26th – 6:30-8AM

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

6:40 Team Dynamics

“All your dreams can come true if you have the courage to pursue them.” Walt Disney

6:45 Team Information

7:00 W/U – 4/3-2(7)x

50 Drill

50 Swim w/ great technique

50 Drill

50 Build

:20RI

\*Rev. IM Order

1’RI

7:20 KS – 4/3(6)/2(7)x

K – 100 x +:40 below – Streamline on back w/ 50 strong/50 FAST

S – 100 x 1:20(1-3)/1:25(4-5)/1:30(6)/2’(7) Free – 50 DPS/50 Build

1’RI

7:40 DPS/Build/Sprint Set

16/12(7) x 50 IM Order w/

Odd x 1:05(1-3)/1:10(4-5)/1:15(6)/1:30(7) – Drill

Even x :05 Faster than Above:

2/6/10/14 – DPS/Build

4/8/12/16 – Build/Sprint

1’RI

7:55 Fins/Paddles

Free Connection Set – 2x

S – 2/1(7) x 100 x see below

S – 4 x 50 x 1’(1-3)/1:05(4-5)/1:10(6)/1:20(7) on #1-2/:55(1-3)/1’(4-5)/1:05(6)/1:15(7) on #3-4

Rd 1 – 100’s w/ LF/RP x 1:40(1-3)/1:50(4-5)/2’(6)/2:30(7)

Rd 2 – 100’s w/ RF/LP x 1:40(1-3)/1:50(4-5)/2’(6)/2:30(7)

Rd 3 – Fins and Paddles x 1:15(1-5)/1:20(6-10)/1:40(11)/2’(12)

\*All 50’s w/ 1-2 w/ Knuckle Paddles + 3-4 Regular Paddles

1’RI

8:00 Loosen – 300 choice