Wednesday, October 17th – 3:10-5:40PM

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

“SUCCESS is often measured by comparison to others. EXCELLENCE, on the other hand, is all about being the best we can be and maximizing our gifts, talents, and abilities to perform at our highest potential. Purse EXCELLENCE today!”

3:15 Team Information

3:25 Dynamics

3:45 WU

S – 200/150/100 x 2:20 No breath in/out of walls

K – 4/3 x 50 x :55/1’/1:05 Dolphin – head lead – stomach or back – Think forward/MOVE forward

D – 8/6 x 25 x :30/:35/:40 Breast Pull w/ flutter kick – BE Aggressive – SURGE forward

S – 4/3 x 100 x 1:35/1:40/2’ FRIM w/ 5 UWK’s each wall + Breast w/ 2 Pull-outs!

4:20 Transition IM Set

S – 6/5/4 x 50 x :50/:55/1’ Fly/Back by 25 w/ FAST Turn 1.0/Transition – Descend

S – 1 x 100/50 w/ 50 Fly/50 Back – 400 IM Race Strategy – Turns!

S – 1 x 200/150/100 Back w/ Build Turns/UWK’s!!!

\*100 + 200 x 4:15

S – 6/5/4 x 50 x :50/:55/1’ Back/Breast by 25 w/ FAST Turn-Crossover/Transition – Descend

S – 1 x 100/50 w/ 50 Back/50 Breast – 400 IM Race Strategy – Turns!

S – 1 x 200/150/100 Breast w/ Hit Wall on Full Cycle/1.0 Turn/Great Pull-outs!

\*100 + 200 x 4:30

S – 6/5/4 x 50 x :50/:55/1’ Breast/Free by 25 w/ FAST Turn1.0/Transition – Descend

S – 1 x 100/50 w/ 50 Breast/50 Free – 400 IM Race Strategy – Turns!

S – 1 x 200/150/100 Free w/ Build Turns/UWK’s!!!

\*100 + 200 x 4’

4:30 S – 400/300/200 Free w/ snorkel/paddles – Great Technique Swim – Focus on Catch, Stroke Length, Balance on both sides + Rhythm!

5:30 #Pace/Pyramid

S – 30/27/24/21 x 50 Free x :37.5/:40/:42.5/:45 P1650 to +1 \*Fins – Lane 10!

S – 400/300/200 Free w/ snorkel + 100 Back x 7’

S – 20/18/16/14 x 50 Free x :40/:42.5/:45/:47.5 P1000 to +1 \*Fins – Lane 10!

S – 400/300/200 Free w/ snorkel + 100 Back x 7:30

S – 10/9/8/7 x 50 Free x :42.5/:45/:47.5/:50 P500 to +1 \*Fins – Lane 10!

S – 400/300/200 Free w/ snorkel + 100 Back x 8’

\*Lanes 4:50Un/5:15Un/5:35Un/6’Un

5:40 Loosen – Partner Kick 25’s w/ :05RI then Tiger Up!!!