Wednesday, December 26th – 3:10-5:40PM

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

3:20 TEAM Dynamics

3:30 Tubing and Core Circuit

3:40 Team Information

“Love is the Ultimate Driver of Grit and Excellence:

1. If you Love it, you’ll work hard to become Great at it
2. If you Love what you do, you won’t give up
3. If you Love your TEAM, you won’t Quit on them
4. Love casts out Fear and Fuels you”

4:10 SK – Free w/ round of:

200/100(7) x 3:30 Free w/ 50 w/ Arm Lead Flutter w/ frontal scull, 50 Streamline 360, 50 w/ 25R/25L SA w/ Opposite in Front, 50 w/ Touch and Pull w/ Leg Drive!

4 x 50 x :50(1-5)/1’(6)/1:10(7) w/ Hand-Hits as 1 w/ 9, 2 w/ 7, 3 w/ 5, 4 w/ 3!

6/5(6)/4(7) x 100 x 1:30(1-3)/1:35(4-5)/1:45(6)/2:05(7) Descend 1-6 w/ 6 – Challenge Stroke Count!  Build leg speed – hold guide arm!  Walls – hold lines – work underwaters!!!

4 x 50 x :55(1-5)/1:05(6)/1:15(7) Kick w/ Boards – Body Position – strong!

200/100(7) x 3’ Swim w/ Free – Build leg speed by 50!  Maintain stroke counts – walls!

S – 1 x 100 @ CI SCY Pace + 8sec.!

4:35 3/2(7) Rounds of 400/300(6)/200(7) – Free + 100 Kick/Drill – Back!

-4/300’s Descend – may use snorkel on All and paddles on #3 x 5:30(1-3)/5:50(4-5)/4:45(6)/4:15(7) – Max out on last one!

-100’s – Back – 50 Streamline Torpedo Kick on Back FAST + 50 Swim – Build to 200 Pace x 2’(1-5)/ 2:15(6)/2:30(7)!

4:45 KS – 8(1-6)/6(7) x 50 x 1:15(1-5)/1:20(6)/1:30(7) w/ Fins:

Odd- 15-25 Kick Under/35-25 Swim w/ great technique

Even – 25-35 Swim strong/25-15 Kick Under – FAST

5:35 Main Set:

S – 3 x 300/250(6)/200-150(7) x 3:45(1-3)/4’(4-5)/3:30(6-7) – May use Snorkel, Fins and Paddles! Stroke Technique – Stay linear – Maintain Head/Body Position! Build To walls!

KDS – 12(1-5)/9(6)/6(7) x 50 x 1’(1-3)/1:05(4-5)/1:10(6)/1:20(7) w/ 4/3/2 rounds of 3 w/ each round 1 - Kick – Body Position – Moderate/Fast by 25; 2 – Drill aggressive; 3 – swim – 4 IM Pace! IM Order – 9 minus one stroke – 6 pick two strokes!

S - 3 x 200/150(6)/100(7) x 2:35(1-3)/2:45(4-5)/2:10(6)/1:55(7) – May use Fins and Paddles! Stroke Specific Technique – challenge stroke maintenance! Accelerate In/Out of Quick Turns!

DS – 8(1-6)/6(7) x 50 x 1:05(1-3)/1:10(4-5)/1:15(6)/1:25(7) w/ 4/3 rounds of 2 w/ each Round 1- Drill – aggressive; 2 swim – 200 pace! Odd rounds Back – Even Rounds free!

S – 3 x 100 x 1:20(1-3)/1:25(4-5)/1:30(6)/2:05(7)! May use Paddles only! Stroke Specific technique – Challenge Stroke and Self! Great underwater and breakouts off wall!

S – 4 x 50 x 1:10(1-3)/1:15(4-5)/1:20(6)/1:30(7) w/ all swim - 2 pace! 2 and 2 or IM Order!

:30 RI

5:40 Loosen 50’s until 5:40 – Ascend w/:05RI

Tiger Up!!!