Wednesday, April 3rd – 3:30-5:30PM – Spring Break Workout Group – 11 and Over

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

3:45 Dynamics + TEAM Information – Workout is all Rest Intervals regardless of course swimming! LCM at FHS!

3:50 S – 4 x 50 x :10RI - \*Push-off w/ free w/ great technique w/ fins!

4:20 DS – “20” x 50 x CSO w/ 25 Drill Sequence + 25 Touch and Pull Progression w/ Stroke Maintenance!

\*Free Focal Points: head/body position, streamlined body, balance point, rhythm and timing, engaged

core, efficient kicking! \*All w/ Fins!

1. Arm Lead w/ Kick stick from float
2. Arm Lead Balance w/ streamline 360 from float
3. Arm Lead Balance w/ Right then Left from vertical kick
4. 2x R/L Arm breathing towards w/ Guide Arm - \*Engaged hands/Forearms! \*Breathe Timing! VK!
5. 2x R/L Arm breathing away + toward from vertical kick!
6. Reverse Catch-up from push-off
7. Hand-Hits – 7 then 5 from push-off!
8. Touch and Pull Drill w/ great push-off/UW!!! Leg Driven, Front Quadrant Swimming last 25!

4:30 VK Set:

6 x :15 on/:15 off Flutter with hands on thighs then :30RI

6 x :20 on/:20 off Flutter with hands on shoulders then :20RI

6 x :10 on/:10 off Flutter with hands streamlined

4:50 S – 10 x 100 x :20RI Free w/

Odd - 25 Streamline 360/25 RA breathing towards/25 LA breathing towards/25 Hand-Hits

Even – 25 Arm Lead/25 Reverse Catch-up/25 Touch and Pull/25 Free – Build to great finish!

5:05 KS – 10 x 50 x :15RI

Odd - Free from :10 Vertical Kick then build to 400m Pace

Even – Free from push/underwater 7-9 kicks then swim w/ great technique

5:15 S – 10 x 25 x :10RI Free w/ 2 sets of:

1 – Kick/2 – Drill/3 – Build/4 – FAST/5 – EZ

5:30 S – 2x

200 Free x :20RI w/ snorkel and paddles w/ great technique

150 Back x :15RI w/ fins – build by 50

100 “Fly” x :10RI w/ fins + GREAT Underwater to 3-9 Strokes Fly then Free w/ great technique

50 Back x :30RI w/ fins – build to FAST!

Loosen 300 Choice

“Tiger UP!”