

EFFORT

Work hard to get good,
then work hard
to get better.

BY TOM GUN

Orinda Aquatics Theme Week 2016!



		Mon - 26th	Tues - 27th	Wed - 28th	Thurs - 29th	Friday - 30th	Sat - 1st
AM	Time (total)	5:40 - 9:30	5:40 - 9:30	6:00 - 9:15	5:40 - 9:30	5:30 - 9:30	5:30 - 9:15
	Notes	Comp 6:00 - 8:15, DL 8:30-9:15. mtg	Comp 6:00 - 8:15, DL 8:30-9:15, mtg	Comp 6:15-8:00, DL 8:15-9:00, mtg	Comp 6:00 - 8:15, DL 8:30-9:15, mtg	Comp 5:45 - 8:15, Buddies 8:15-8:30, DL 8:45-9:15, mtg	Comp 5:45-8:15, stretch 8:30-9:00, mtg
	Theme	Go the "Distance"	Monsters Inc.	Recovery	PACE yourself	Mixed effort	Stations
	Main/other	Mid-Dist Free/Stroke	Long stroke set (50's)	Light Aerobic/All Str	100/200 pace focus	Str Build/UW Speed	walls/swim/challenge
							
	Dry Land	8:30-9:15	8:30-9:15	8:15-9:00	8:30-9:15	8:45-9:15	8:30-9:00
	Team/other	Bagels & Bacon (B&B)	Muffins & Milk (M&M)	na	Yogurt & Bars	BUDDIES (relays)	Donuts
	Char Concept	No complaints	Leadership	Work Ethic	Compassion	Mentorship	Humility
	Stroke Keys	Free - "Train track" entry - EARLY, low, quick brth; kick through brth	Back - roll out/roll in, "arm wrestle", SET head, keep face dry	BT - open "elevator doors", brth on in sweep, lunge/dive into tunnel	Fly: relaxed extension (NO SPLASH) - kick hands out/kick hands in	Turns - attack entry, tight/fast rotation, hold body line (SL) on exit	NOTE - your strokes are improving or breaking down everyday!
	Training Key	have/hold kick counts UW	use black lines to measure DPS	use tempos WITH DPS	focus on main technique flaw when fatigued	work/use legs in all swimming (critical for LC)	Can YOU be the most positive person in your lane?

"Followers see the hard work they must endure to climb the mountain of success, while leaders see the success of climbing the mountain of hard work." unknown

PM	Time (total)	3:50 - 7:30	3:50 - 7:00	3:30 - 5:45	3:50 - 7:00	NO WO	Notes:
	Notes	DL/MTG, swim 4-6, movie	DL/MTG, swim 4-6, activity	stretch, swim 4-5:45, no activity	DL/MTG, swim 4-6, activity	Hang in there!	Embrace the path of most resistance
	Dry Land	NA	NA	Stretch	NA		Be on time Bring sun block, a water bottle, snacks
	Articles	Movie discussion	Article	NA	Article		
	Theme	IM AWESOME	LEGS Go!	Need for Speed	Kick the Habit!		
							
	Team	Pizza & Movie (<i>The Boys of 36</i>)	Ice cream & Pictionary	No activity	Hot Dogs & Water Balloon Toss		

Theme Week Notes



Week notes

The goal of Theme Week is to increase yardage, intensity, and team commitment/interaction ahead of the coming peak/shave meets

All swimmers attend all workouts (see above schedule)

There is a "theme" for each workout

The times listed above are arrival and departure times. Please be on time (**and help** with the pool)

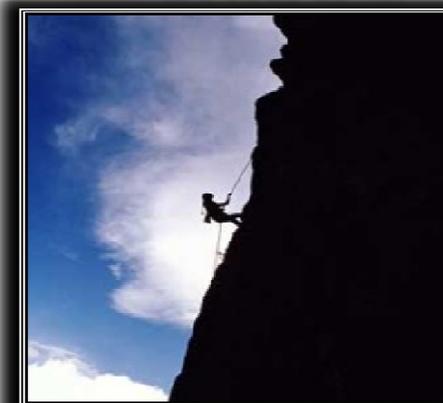
It is important that we are in the water as close to start times as possible

There is dry land after the morning workouts and before the Wednesday afternoon workout. Also note PM activities.

We ask that swimmers commit to the week (training, DL, activities) rather than choose individual workouts

Times and activities may change. If so, we will let you know as soon as possible.

Those shaving for JO's will ease off training at the end of the week



MISSION

Does making it to the top count if everyone else is on a different mountain?

Meet Notes

Swimmers should know their end-of-season peak meets

Please contact a coach with any questions

Options are: ONDA (all eligible), WCAB Sr (all eligible), Far Westerns (qual/coach entered), Futures/Western Zone -one day (qual/coach entered), Summers End

Swimmers will reshave for later meets if qualified. We are asking all swimmers to enter the Summers End Classic if possible.



Big Themes!

Great attitude

Great training

Great team

Great athlete

Great teammate

Great person!

Great swimming!



WHO'S AWESOME?

Before enlightenment,
chop wood, carry
water. After
enlightenment, chop
wood, carry water.

—Zen proverb

"One of the hardest decisions in life is deciding whether to walk away or try harder." unknown