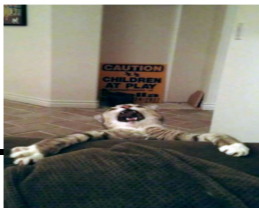
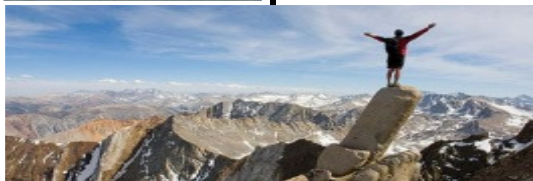




# Orinda Aquatics Theme Week :



**NOTE: OA Senior meet - goal 12,000 yards/meters (6,000/day of EZ to mod swimming)**

|                                                                                                                                                               | Sat/Sun - 12k       | Mon - 24th                                                                          | Tues - 25th                                                                         | Wed - 26th                                                                           | Thurs - 27th                                                                          | Friday - 28th                                                                         | Sat - 29th                                                                          |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--|
| AM                                                                                                                                                            | Time (total)        | 5:45 - 8:00                                                                         | 5:45 - 9:30                                                                         | 5:45 - 9:30                                                                          | 5:45 - 9:30                                                                           | 5:45 - 9:30 (no PM)                                                                   | 6:30-9:30                                                                           |  |
|                                                                                                                                                               | Notes               | Comp 6-8; <b>BRING LUNCH</b>                                                        | Comp 6:00 - 8:00, DL 8:15-9:00, mtg                                                 | Comp 6:00 - 8:00, DL 8:15-9:00, mtg                                                  | Comp 6:00 - 8:00, DL 8:15-9:00, mtg                                                   | Comp 6:00 - 8:00, DL 8:15-9:00, mtg                                                   | Comp 6:45-9:30 - IM, stations, challenges (no DL)                                   |  |
|                                                                                                                                                               | Theme               | EZ/Mod - "Paddles"                                                                  | Go the Distance                                                                     | Monsters Inc.                                                                        | PACE yourself                                                                         | Recovery                                                                              | IM Awesome                                                                          |  |
|                                                                                                                                                               | Main/other          |    | kick/swim - free based                                                              | Long stroke set (50's)                                                               | 100/200 pace focus                                                                    | light aerobic                                                                         | Mixed effort/build                                                                  |  |
|                                                                                                                                                               | corny clip art      |                                                                                     |    |    |    |    |  |  |
|                                                                                                                                                               | Dry Land            | Paddling!                                                                           | 8:15-9:00                                                                           | 8:15-9:00                                                                            | 8:15-9:00                                                                             | 8:15-9:00                                                                             | NA (at home opt)                                                                    |  |
|                                                                                                                                                               | Team/other          | Mixed group rafts                                                                   | snack after WO                                                                      | na                                                                                   | snack after WO                                                                        | snack after WO                                                                        | meeting                                                                             |  |
|                                                                                                                                                               | Char Concept        | Teamwork!                                                                           | Integrity                                                                           | Work Ethic                                                                           | Compassion                                                                            | Leadership                                                                            | Gratitude                                                                           |  |
|                                                                                                                                                               | 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 Keys       | 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                                                                         | 3:30 - 6:15                                                                          | 3:50 - 7:30                                                                           | Hang in there!                                                                        | Notes:                                                                              |  |
|                                                                                                                                                               | Notes               |                                                                                     | swim 4:10-6:10, activity                                                            | stretch, swim 4:10-6:10, no activity                                                 | swim 4:10-6:10, activity after                                                        |  | Embrace the path of <b>most</b> resistance                                          |  |
|                                                                                                                                                               | Dry Land            |                                                                                     |  | Stretch                                                                              | NA                                                                                    |                                                                                       |                                                                                     |  |
|                                                                                                                                                               | Articles            |                                                                                     |                                                                                     |                                                                                      |                                                                                       |                                                                                       |                                                                                     |  |
|                                                                                                                                                               | Theme               |  | LEGS Go!                                                                            | Need for Speed                                                                       | Kick the Habit!                                                                       |  |                                                                                     |  |
|                                                                                                                                                               | more corny clip art |                                                                                     |  |  |  |                                                                                       |                                                                                     |  |
|                                                                                                                                                               | Teambuilding        |                                                                                     | Integrated rafts                                                                    | Pizza, Ice Breakers, Pictionary plus                                                 | No activity                                                                           | TBD                                                                                   |                                                                                     |  |

# Theme Week Notes

## Week notes

**NOTE: we are starting Theme Week with the OA Senior Meet. All swimmers should swim a total of 10,000-12,000 EZ to moderate yards with warm-up, warm-down, etc. throughout the meet (two days).**

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

All swimmers attend all workouts (see above schedule) - not group specific

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 at start times

There is dry land after the morning workouts and a group stretch before the Wednesday afternoon workout. Also note PM activities (T&TH).

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

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

We will use "red/blue" to break up: BLUE is birthdate Jan through July. RED is birthdate August through December.

Challenge yourself to be an even better athlete and teammate



## Meet Notes

Swimmers should know their end-of-season peak meets (and events)

## Big Themes!

Great attitude

Great training

Great team

Great athlete

Great teammate

Great person!

Great swimming!



**"Don't ask for a light load, but rather, a strong back." unknown**



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

**"Wake up and do all that you can. You did not begin this day (or season) to be mediocre." @minna\_**