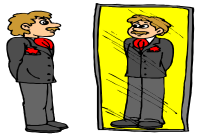
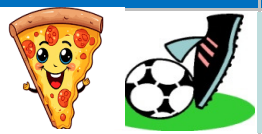
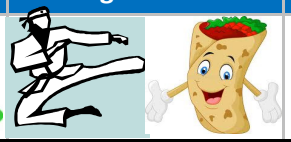
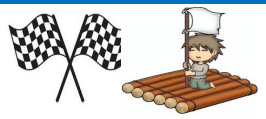
Orinda Aquatics Theme Week 2026

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

	Let's Do This	Mon - 22nd	Tues - 23rd	Wed - 24th	Thurs - 25th	Friday - 26th	OA Senior Meet
AM	Time (total)	5:45 - 9:30 LC	5:45 - 9:30 SC+lap	5:45 - 9:15 SC	5:45 - 9:30 SC+lap	5:45 - 9:30 LC	Weekend
	Full Session Times	Comp 6:00 - 8:20, DL 8:30-9:30, mtg	Comp 6:00 - 8:20, DL 8:30-9:00, mtg	Comp 6:00 - 8:00, DL 8:15-9:00, mtg	Comp 6:00 - 8:20, DL 8:30-9:30, mtg	Comp 6:00 - 8:20, DL 8:30-9:30, mtg	looooooong warm-downs - max yardage
	Theme	Go the Distance	Monsters Inc.	Vertical Limit	IM Awesome	PACE yourself	Amazing Teammates!
	Main/other	kick/swim - free based	Long stroke set (50's)	Vertical Kicking (a lot)	Mixed effort/build	100/200+ pacing	Better races
	corny clip art						
	Dry Land/mtg	8:30-9:30 / abs	8:30-9:30 / SSDL	8:15-9:15 / med balls	8:30-9:30 / SSDL	8:30-9:30 / abs	NA
	Team/other	snack after WO	snack after WO	snack after WO	snack after WO	breakfast	connect with buddies
	Char Concept	Attitude	Integrity	Work Ethic	Compassion	Leadership	Thank timers/officials
	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)	3:30 - 7:30	3:30 - 7:30	3:30 - 6:15	3:30 - 7:30	3:30 - 6:15	Notes:
	Notes	swim 4:10-6:10, activity	swim 4:10-6:10, activity	swim 4:10-6:10, no activity	swim 4:10-6:10, activity	light swim, starts/turns, teambuilding, buddies	Embrace the path of most resistance
	Dry Land	Dynamic WU	Dynamic WU	Small Group Stretch	NA	Stretch	
	Theme	Kick the Habit	Legs Do this	Need for Speed	It's Race Day!	Stations/Relays	
	more corny clip art						
	Teambuilding	Pizza, Ice Breakers, know your team	Burritos, Charades, cups, Pictionary	No activity	Raft building, team cheer & Subway	No activity, rest up!	

Theme Week Notes

Week notes

Theme Week will run into the OA Senior Meet. We would like swimmers to extend warm-downs to maximize (light aerobic) yardage.

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

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

Note: this year M/T/W am will be short course

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 (6:00am & 4:10pm)

There is dry land after the morning workouts and a group stretch or dynamic WU before afternoon workout.

Note post workout activities in the afternoon Monday, Tuesday, Thursday

To cover the cost of the food (AM & PM), we will bill each swimmer $35 (we cannot prorate)

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 in every regard

Friday PM will be a light stretch out, stations, and relays, with pool set-up

We will provide the cardboard for raft building

Workouts will be texted or emailed prior





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_