

Today's Workout

Date: Sunday, 11/3/13

Today's Objectives:

Review of all strokes. Concentrate on technique.

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL		DL	SAME ==>	DL	
4:45	K		K	5x100 IM K on 3:00 w/bd	K	
5:00	FR		FR	3x200 FR on 3:45	FR	
5:15	FR		FR	5x100 IM/FR on 2:00	FR	
5:30	R		R	SAME ==>	R	
5:45	BK		BK	2x200 IM/BK on 4:30	BK	
6:00	BK		BK	4x100 BK/FR on 2:30	BK	
6:15	SP		SP	4x25 sprnt IM order :30r followed by 4x50 FR wd on 1:00	SP	
Yards				2850		

Thought for the Day	Notes
Don't find fault, find a remedy.	