

Today's Workout

Date: Thursday, 11/6/13

Today's Objectives:

Distance Increase. Pace over distance.

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch
4:45	K	3x50 K FR on 1:45 no fins	K	6x100 K FR on 2:15 no fins	K	8x100 K FR on 1:50 no fins
5:00	SWFR	4x50 alt (K Head in line)/Zipper on 1:45	SWFR	8x50 alt (K Head in line)/Zipper on 1:00	SWFR	8x50 alt (K Head in line)/Zipper on 1:00
5:15	LQS	250 Record Time	LQS	2x250, 1 min rest between Record Time	LQS	3x300, 1 min rest between Record Time
5:30	K	2x50 K FR/BK on 1:45 no board and streaml	K	3x150 K BR/BK/FR on 3:30 no bd w/fins and streamline	K	3x150 K BR/BK/FR on 3:00 no board w/fins and streamline
5:45	FR	3x50 FR on 1:30	BR	3x100 BR on 2:00	BR	2x200 BR on 3:30
6:00	BK	3x50 BK on 1:45	BK	3x100 BK on 1:45	BK	2x200 BK on 3:00
6:15	FR	3x50 FR on 1:30	FR	3x100 FR on 1:30	FR	2x200 FR on 2:30
Yards		1150		2850		3750

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