

Today's Workout

Date: Sunday, 11/10/13

Today's Objectives:

X-Test: 100 Repeat on lowest possible interval. How Low Can You Go?

Choose an the lowest interval you think you can make.

	Beginner		Intermediate		Advanced	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch, Pushup Set
4:45	K	2x100 K FR on 3:30	K	2x200 K FR on 4:15	K	3x200 K FR on 3:40
5:00	SWFR	4x50 alt (K Sailboat fins)/(Finger Drag) on 1:30/50	SWFR	8x50 alt (K Sailboat fins)/(Finger Drag) on 1:15/50	SWFR	8x50 alt (K Sailboat fins)/(Finger Drag) on 1:00/50
5:15	X	6x100 FR Lowest Interval. Record Interval	X	6x100 FR Lowest Interval. Record Interval	X	6x100 FR Lowest Interval. Record Interval
5:30	K	4x100 K IMO w/fins & bd w/:30r	K	4x100 K IMO w/fins & bd w/:20r	K	4x100 K IMO w/fins & bd w/:15r
5:45	FR	2x125 FR pull on Xtest +1:30	FR	4x125 FR pull on Xtest +1:15	FR	6x125 FR pull on Xtest +1:00
6:00	BR	4x50 BR/FR on 1:30	BR	4x100 BR/FR :20r	BR	6x100 BR/FR :15r
6:15	SP	4x25 sprnt FR on 1:00	SP	3x50 sprnt FR/BK/BR on 1:15, 150 wd	SP	6x50 sprnt FR/BK/BR on :50, 150wd
Yards		1850		3000		3800

Thought for the Day	Notes
Failure is simply the opportunity to begin again, this time more intelligently.	