

Today's Workout

Date: Monday, 11/13/13

Today's Objectives:

Leverage Xtest Results

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch, Pushup Set
4:45	K	2x200 K FR on 5:00 w/fins&bd	K	3x200 K FR/FL on 4:15 w/fins&bd	K	4x200 K FR/FL on 3:40 w/fins&bd
5:00	SWFR	4x50 alt (K Sailboat)/(Finger Drag) on 1:00	FL	4x(25,50) FL on 1:30/50 pace w/fins	FL	4x(25,50,100) FL on 2:00/100 pace w/fins
5:15	FR	2x100 FR on 2:30	FR	4x100 FR on Xtest +:30	FR	5x100 FR on Xtest +:15
5:30	R	SAME ==>	R	SAME ==>	R	Relays Just For Fun
5:45	FR	3x150 FR on 3:45	FR	3x200 FR on 2Xtest +:45	FR	3x200 FR on 2Xtest +:20
6:00	FR	3x50 FR on 1:30	FR	4x50 FR on 1:15	FR	6x50 FR on 1:00
6:15	SP	4x25 sprnt FR on 1:00 work on FR turns (flip) at end	SP	3x50 FR sprnt on 1:00 work on FR turns at end	SP	5x50 FR sprnt on :45 work on FR turns at end
Yards		1300		2250		3150

Thought for the Day	Notes
Divide and rule, a sound motto. Unite and lead, a better one.	