

Today's Workout

Date: Sunday, 11/17/13

Today's Objectives:

Distance Increase. Pace over distance.

Stroke Work Back

Work BK Turns

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch
4:45	K	4x100 K FR w/board :30r	K	6x100 K FR on 2:15 w/fins no board	K	8x100 K FR on 1:50 w/fins no board
5:00	LQS	2x250 FR 1:45 rest	LQS	3x300 FR 1:30 rest	LQS	3x400 FR 1:40 rest
5:15	BR	2x100 BR on :30rest	BR	4x100 BR on 2:45	BR	2x200 BR on 2:30
5:30	R	SAME ==>	R	SAME ==>	R	Relays
5:45	SWBK	4x50 alt (one arm BK)/BK on 1:45	SWBK	8x50 alt (one arm BK)/BK on 1:30	SWBK	10x50 alt (one arm BK)/BK on 1:00
6:00	BK	2x100 BK on :30rest	BK	3x100 BK on 2:15	BK	2x200 BK on 3:00
6:15	FR	3x50 FR on 1:30 work on FR flip turns at end	FR	3x100 FR on 2:15 Work on BK Flip Turns at end	FR	3x200 FR on 2:30
Yards		1650		2900		3900

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