

# Today's Workout

Date: Thursday, 11/21/13

Today's Objectives:

Leverage Xtest Results
Fly Set
Stroke Work Breast

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	3x200 K FR/FL on 4:15 w/fins&bd	K	3x200 K FR/FL on 4:15 w/fins&bd	K	4x200 K FR/FL on 4:15
5:00	SWFR	4x50 alt (K Sailboat)/(Finger Drag) on 1:00	FL	4x(25,50) FL/FR on 1:45/50 pace	FL	4x(25,50,100) FL on 2:30/100 pace
5:15	FR	3x100 FR on Xtest +:45	FR	4x100 FR on Xtest +:30	FR	5x100 FR on Xtest +:15
5:30	SWST	SAME==>	SWST	SAME==>	SWST	Starts/Turns Dive Flip Turns
5:45	SWBR	4x50 alt (kick hands back)/(1"air) on 2:00	SWBR	8x50 alt (kick hands back)/(1"air) on 1:45	SWBR	10x50 alt (kick hands back)/(1"air) on 1:00
6:00	BR	3x100 BR on 1:00r	BR	4x150 BR/FR :45r	BR	3x200 BR on :30r
6:15	SP	4x25 sprnt FR on 1:00	SP	3x50 FR sprnt on 1:00	SP	5x50 FR sprnt on :50
Yards		1500		2450		3350

Thought for the Day	Notes
We are never deceived; we deceive ourselves.	