

Today's Workout

Date: Sunday, 11/24/13

Today's Objectives:

Distance Increase. Pace over distance.
Stroke Work Breast
Work BR Turns

	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	K	3x100 K FR on 2:15 w/fins	K	5x100 K FR on 2:15 no fins
5:00	LQS	2x(250 FR, 1min rest)	LQS	3x(250FR, 1min rest)	LQS	4x(300, 1min rest)
5:15	BK	3x100 BK/FR on 3:00	BK	5x100 BK/FR on 2:15 Head back, pinkie in, anchor	BK	6x100 BK/FR on 1:40 Head back, pinkie in, anchor
5:30	R	SAME==>	R	SAME==>	R	Relays
5:45	SWBR	6x50 alt (kick hands front)/BR on 2:00	SWBR	8x50 alt (kick hands front)/BR on 1:30	SWBR	10x50 alt (kick hands front)/BR on 1:00
6:00	BR	3x100 BR/FR on 3:15	BR	4x100 BR/FR on 3:00	BR	5x100 BR/FR on 2:15
6:15	FR	3x100 FR on Xtest +:30 work breast stroke turns	FR	5x100 FR on Xtest +:30 work breast stroke turns	FR	4x200 FR on Xtest +:15 work breast stroke turns
Yards		1850		2850		4100

Thought for the Day	Notes
One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do.	Head Position, Anchor, Breathing, Turns