

Today's Workout

Date: Sunday, 12/1/13

Today's Objectives:

Welcome to IMs...

	Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	3x100 K FR w/fins :20r	K	4x100 K IMO w/fins :15r (no fins on Breast)	K	3x200 IM K w/fins :10r (no fins on Breast)
5:00	FL	6x25 FL/FR :30r	FL	12x25 FL/FR LPT +:15r	FL	8x50 FL/FR LPT +:20r
5:15	BK	3x100 BK/FR :45r	BK	6x100 BK/FR :30r	BK	8x100 BK/FR :15r
5:30	BR	3x100 BR/FR :45r	BR	6x100 BR/FR on :30r	BR	8x100 BR/FR :15r
5:45	FR	3x100 FR Pull :45r	FR	6x100 FR Pull on Xtest +:30	FR	8x100 FR Pull on Xtest +:15
6:00	IM	3x100 IM :45r	IM	6x100 IM :30r	IM	4x200 IM :45r
6:15	WD	4x50 warm down choice	WD	4x50 warm down choice	WD	4x50 warm down choice
Yards		1850		3300		4400

Thought for the Day	Notes
Enjoy when you can, and endure when you must.	IM=Individual Medley FL,BK,BR,FR IMO=Individual Medley Order LPT=Last Person Touch