

Today's Workout

Date: Thursday, 12/5/13

Today's Objectives:

Xtest Check
Fly Set
Sprints

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	2x100 K FR on 3:30	K	3x200 K FR/FL w/fins on 4:15	K	4x200 K FR/FL w/fins on 3:40
5:00	X	6x100 FR Lowest Interval. Record Interval.	X	6x100 FR Lowest Interval. Record Interval.	X	6x100 FR Lowest Interval. Record Interval.
5:15	BK	4x50 BK on 1:30	K	8x50 FL/FR w/fins easy	K	6x100 FL/FR w/fins easy
5:30	R	SAME==>	R	SAME==>	R	Relays, Starts, Turns
5:45	FL	8x25 FL/FR on 1:00	FL	6x50 FL/FR on 1:30	FL	4x100 FL/FR on 2:30
6:00	FR	3x100 FR on Xtest +:45	FR	4x100 FR on Xtest +:30	FR	5x100 FR on Xtest +:20
6:15	SP	4x25 sprnt FR on 1:00 then 4x50 wd	SP	6x50 FR/FL on 1:20 then 4x50 WD	SP	8x50 FR/FL on 1:00 then 4x50 wd
Yards		1800		2800		3500

Time 36.025 65.725 68.662

Thought for the Day	Notes
Nothing is particularly hard if you divide it into small jobs.	