

# Today's Workout

Date: Sunday, 12/8/13

Today's Objectives:

Distance Increase. Pace over distance.

	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 2:45 w/fins	K	3x100 K FR on 2:00 w/fins	K	4x100 K FR on 1:45 w/fins
5:00	LQS	2x(300 FR, 1:00 min rst) Record Time	LQS	3x(300 FR, 1:00 min rst) Record Time	LQS	5x(300, 1 min rst) Record Time
5:15	LQS		LQS		LQS	
5:30	BR	3x100 BR/FR :30r	BR	5x100 BR/FR :20r	BR	6x100 BR/FR on 2:15
5:45	IM	3x100 IM/FR :45r	IM	5x100 IM/FR :30r	IM	4x200 IM on 3:30
6:00	BK	3x100 BK/FR :30r	BK	5x100 BK/FR :30r	BK	4x100 BK on 1:50
6:15	WD	4x50 warm down choice	WD	4x50 warm down choice	WD	4x50 warm down choice
Yards		1900		2900		3900

Thought for the Day	Notes
Enjoy when you can, and endure when you must.	Head Position, Anchor, Breathing, Turns