

Today's Workout

Date: Thursday, 12/12/13

Today's Objectives:

Free, Breast, Fly
Sprints
IM's

	Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	4x50 K IM order on 2:00 w/fins	K	4x150 K IM order on 3:45 w/fins	K	4x200 K IM order on 3:30 w/fins
5:00	FR	4x50 FR on 1:30	FL	9x50 alt FL/FR on 1:30	FL	5x100 alt FL/FR on 2:00
5:15	BR	4x50 BR on 1:20	BR	8x50 alt BR/FR on 1:45	BR	5x100 alt BR/FR on 2:00
5:30	K	4x(25E/25H) alt BK/FR on 0:45 w/fins	K	4x(75E/75H) IM order on 2:00 w/fins	K	8x(50E/50H) IM order on 1:15 w/fins
5:45	FR	3x100 FR on Xtest +:15	FR	4x100 FR on Xtest +:15	FR	6x100 FR on Xtest +:15
6:00	FR	3x50 FR on 1:15	IM	4x100 IM on 2:10	IM	3x200 IM on 3:30
6:15	SP	4x25 sprnt alt FR/BK :45r 2x50 wd choice	SP	4x25 sprnt IM order :30r 4x50 wd choice	SP	8x25 sprnt IM order :15r 4x50 wd choice
Yards		1450		3150		4200
Time		39.688		91.476		87.45

Thought for the Day	Notes
Failure is simply the opportunity to begin again, this time more intelligently.	