

# Today's Workout

Date: Thur, 12/19/13

Today's Objectives:

Review of all strokes. Concentrate on technique.

|       | 12U Novice |  | Intermediate |  | Advanced/Senior |  |
|-------|------------|--|--------------|--|-----------------|--|
| Time  | Comp       | Set  | Comp         | Set  | Comp            | Set  |
| 4:30  | DL         | SAME ==>   | DL           | SAME ==>   | DL              | Stretch  |
| 4:45  | K          | 4x100 IM K on 3:00<br>w/fins no bd<br>streamline | K            | 5x100 IM K on 2:30<br>w/fins no bd<br>streamline | K               | 6x100 IM K on 2:15<br>w/fins no bd<br>streamline |
| 5:00  | FR         | 4x100 FR on 2:30                                 | FR           | 6x100 FR on 2:15                                 | FR              | 8x100 FR on 2:00                                 |
| 5:15  | FR         | 8x50 FR on 1:30 alt<br>Easy/Hard                 | FR           | 10x50 FR on 1:15 alt<br>Easy/Hard                | FR              | 16x50 FR on 1:00 alt<br>Easy/Hard                |
| 5:30  | R          | SAME ==>   | R            | SAME ==>   | R               | Relays. At least 3<br>200+, FR & IM              |
| 5:45  | IM         | 2x100 IM on 3:00<br>w/fins                       | IM           | 2x200 IM on 4:30<br>w/fins                       | IM              | 3x200 IM on 4:00<br>w/fins                       |
| 6:00  | IM         | 2x100 IM on 3:30                                 | IM           | 4x100 IM on 2:30                                 | IM              | 5x100 IM on 2:00                                 |
| 6:15  | SP         | 4x25 sprnt IM order<br>:30r, 4x50 wd             | SP           | 4x25 sprnt IM order<br>:30r, 4x50 wd             | SP              | 4x50 sprnt IM order<br>:45r, 4x50 wd             |
| Yards |            | 1900   |              | 2700   |                 | 3700   |

| Thought for the Day              | Notes |
|----------------------------------|-------|
| Don't find fault, find a remedy. |       |