

Today's Workout

Date: Sunday, 12/22/13

Today's Objectives:

Distance Increase. Pace over distance.

BE HONEST ON THE LONG QUALITY SWIM.

General Conditioning

	12U 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 on 2:45 w/fins	K	4x100 K FR on 2:15 w/fins	K	5x100 K FR on 1:50 w/fins
5:00	LQS	250 FR	LQS	2x(250FR, 1:00rst)	LQS	3x(300FR, 1:00 rst)
5:15	FR	3x100 BR/FR on :45r	BR	5x100 BR/FR :20r	BR	3x200 BR/FR on :30r
5:30	BK	4x100 BK/FR on :45r	BK	5x100 BK/FR :30r	BK	3x200 BK/FR on :30r
5:45	R	SAME==>	R	SAME==>	R	Relays, Starts, Turns
6:00	IM	3x100 IM on 2:45	IM	5x100 IM on 2:30	IM	4x200 IM on 4:00
6:15	FR	3x100 FR on Xtest +:45, 4x50 wd slow choice	FR	4x100 FR on Xtest +:30, 4x50 wd slow choice	FR	5x100 FR on Xtest +:20, 4x50 wd slow choice
Yards		2050		3000		4100
Time		51.7		98.175		97.24

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