

Today's Workout

Date: Thursday 12/26/13

Today's Objectives:

	Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	6x50 K IM order on 1:45	K	8x50 K IM order on 1:30 (2@FL/BK/BR/FR)	K	12x50 K IM order on 1:00 (2@FL/BK/BR/FR)
5:00	FR	4x100 FR Xtest +:30	FR	6x100 FR Xtest +:20	FR	8x100 FR Xtest +:15
5:15	FR	4x50 FR Xtest/2 +:15	FR	8x50 FR Xtest/2 +:10	FR	12x50 FR Xtest/2 +:05
5:30	R	SAME==>	R	SAME==>	R	Relays/Starts/Turns
5:45	SWFL	4x(25Rarm, 25Larm, 50 - 3ralaba)	SWFL	6x(25Rarm, 25Larm, 50 - 3ralaba)	SWFL	8x(25Rarm, 25Larm, 50 - 3 ralaba)
6:00	FL	25FL, 25FREasy, 50FL	FL	2x(25FL, 25FREasy, 50FL)	FL	4x(25FL, 25FREasy, 50FL)
6:15	SP	4x50 IM order w/blocks, 4x50 wd choice	SP	4x50 IM order w/blocks, 4x50 wd choice	SP	4x50 IM order w/blocks, 4x50 wd choice
Yards		1800		2600		3600

Time 61.6 102.85 101.75

Thought for the Day	Notes
We are never deceived; we deceive ourselves.	