

Today's Workout

Date: Sunday, 12/29/13

Today's Objectives:

Touch all strokes
Start together, free for all, finish together

	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 IMO w/fins LPT +:15	K	4x100 K IMO w/fins LPT +:15	K	6x100 K IMO w/fins LPT +:15
5:00	FL	3x(25FL, 25FREasy,25FL, 25FREasy)/100FR LPT +:20	FL	5x(25FL, 25FREasy,25FL, 25FREasy)/100FR LPT +:20	FL	6x(50FL,25FREasy,25 FL)/100FR LPT +:20
5:15	BK	3x100 BK/FR LPT +:30	BK	5x100 BK/FR LPT +:20	BK	6x100 BK/FR LPT +:15
5:30	BR	3x100 BR/FR :30r	BR	5x100 BR/FR :20r	BR	6x100 BR/FR :15r
5:45	FR	3x100 FR on Xtest +:15	FR	5x100 FR on Xtest +:15	BR	6x100 FR on Xtest +:15
6:00	IM	3x100 IM/FR :45r, wait for everyone at end for sprints	IM	5x100 IM/FR :30r, wait for everyone at end for sprints	IM	6x100 IM/FR :20r, wait for everyone at end for sprints
6:15	FR	6x25 FR :20/:40, 4x50 wd	SP	6x25 FR :20/:40, 4x50 wd	FR	6x25 FR :20/:40, 4x50 wd
Yards		2150		3250		3950

Thought for the Day	Notes
Obstacles are those frightful things you see when you take your eyes off your goal	Have a safe and Happy New Year! There is practice Mon@2:30 and Thur@7:30...