

Today's Workout

Date: Thursday, 1/2/2014

Today's Objectives:

Distance Increase. Pace over distance.

Long Free set to get pace on 100's

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	4x75 K IM Order w/fins w/:30 rst	K	4x100 K IM Order w/fins w/:20 rst	K	6x100 IM K w/:15 rst
5:00	FR	4x100 FR on Xtest +1:00	FR	7x100 FR on Xtest +45	FR	10x100 FR on Xtest +30
5:15	BR	4x100 BR/FR on 2:45	BR	5x100 BR/FR on 2:15	BR	6x100 BR/FR on 2:15
5:30	BK	4x100 BK/FR on 2:30	BK	5x100 BK/FR on 2:00	BK	3x200 BK/FR on 3:30
5:45	R	SAME==>	R	SAME==>	R	Relays/Start/Turns
6:00	IM	4x100 IM/FR on 3:00	IM	5x100 IM/FR on 2:30	IM	3x200 IM/FR on 3:45
6:15	WD	4x50 wd choice	WD	4x50 wd choice	WD	4x50 wd choice
Yards		2100		2800		3600

Time 44.55 101.475 112.42

Thought for the Day	Notes
Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.	Happy New Year!