

Today's Workout

Date: Monday, 1/5/14

Today's Objectives:

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch
4:45	K	4x100 K FR on 1:45 w/fins	K	6x100 K FR on 1:45 w/fins	K	8x100 K FR on 1:50 w/fins
5:00	SWFR	4x50 alt (K Head in line)/Zipper on 1:45	SWFR	8x50 alt (K Head in line)/Zipper on 1:15	SWFR	8x50 alt (K Head in line)/Zipper on 1:00
5:15	LQS	2x(200 FR, 1:00 rest)	LQS	2x(250 FR, 1:00 rest)	LQS	3x(300, 1:00 rst)
5:30	K	3x100 K BR/BK/FR on 4:00 no board w/fins and streamline	K	3x150 K BR/BK/FR on 3:30 no board w/fins and streamline	K	3x150 K BR/BK/FR on 3:00 no board w/fins and streamline
5:45	BR	3x50 BR/FR :45 rst at med/hard pace	BR	3x100 BR/FR :30 rst at med/hard pace	BR	2x200 BR on 4:00
6:00	BK	3x50 BK/FR :45 rst at med/hard pace	BK	3x100 BK/FR :30 rst at med/hard pace	BK	2x200 BK on 3:30
6:15	FR	3x50 FR :30 rst hard pace	FR	3x100 FR :20 rst hard pace	FR	2x200 FR on 3:00
Yards		1750		2850		3750

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