

# Today's Workout

Date: Thursday, 1/9/14

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 IM order on 2:00 w/fins	K	4x100 K IM order on 1:30 w/fins	K	4x100 K IM order on 1:15 w/fins
5:00	FR	5x100 FR on Xtest +:30	FR	7x100 FR on Xtest +:20	FR	9x100 FR on Xtest +:20
5:15	IM	3x100 alt IM/FR on 3:30 work IM, loaf FR	IM	5x100 alt IM/FR on 2:30 work IM, loaf FR	IM	5x200 IM on 3:50
5:30	R	SAME==>	R	SAME==>	R	Starts, Turns, Relays
5:45	SWFR	2x(25Head in Line Spine,25 finger drag, 50 FR) on 2:30	SWFR	3x(25Head in Line Spine,25 finger drag, 50 FR) on 2:00	SWFR	7x(25Head in Line Spine,25 finger drag, 50 FR) on :50/50 pace
6:00	FR	6x50 FR on Xtest/2 +:15 (remember the stroke work)	FR	8x50 FR on Xtest/2 +:15 (remember the stroke work)	FR	3x200 FR on Xtest pace +:20
6:15	SP	4x25 sprnt IM order on :40, 4x50 warm down	SP	4x25 sprnt IM order on :30, 4x50 warm down	SP	8x25 sprnt IM order :15r, 4x50 warm down
Yards		2000		2600		4000

Time                      49.588                                      87.23                                      87.846

Thought for the Day	Notes
Chop your own wood, and it will warm you twice.	