

Today's Workout

Date: Sunday, 1/12/14

Today's Objectives:

Breast Stroke Review

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	2x200 IM K on 5:00 w/fins	K	3x200 IM K on 4:30 w/fins	K	4x200 IM K on 3:45 w/fins
5:00	FR	4x100 on Xtest +:30	FR	5x100 on Xtest + :20	FR	7x100 on Xtest + :15
5:15	SWBR	3x(25Khandfr,25khan dbk,25kstream,25BR) on 3:00	SWBR	4x(25Khandfr,25khan dbk,25kstream,25BR) on 3:00	SWBR	5x(25Khandfrs,25kha ndbk,25kstream,25B R) on 2:45
5:30	BR	4x100 BR/FR on 3:00	BR	5x100 BR/FR on 2:30	BR	7x100 BR on 2:00
5:45	R	SAME==>	R	SAME==>	R	Relays, Starts, Turns
6:00	FR	3x100 FR on 2:45	FR	5x100 FR on 2:15	FR	4x200 FR on 3:15
6:15	IM	3x100 IM/FR on 3:15	IM	6x100 IM/FR on 2:30	IM	4x200 IM on 3:30
Yards		2100		3100		4300

Time 51.15 103.675 108.625

Thought for the Day	Notes
Enjoy when you can, and endure when you must.	