

Today's Workout

Date: Thursday, 1/16/14

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	8x50 K IM order on 1:15 w/fins no board	K	12x50 K IM order on 1:15 w/fins no board	K	16x50 K IM order on 1:00 w/fins no board
5:00	FR	2x(100 FR H on 3:00, 100 FR E on 3:30)	FR	3x(100 FR H on 2:30, 100 FR E on 3:00)	FR	4x(100 FR H on 1:30, 100FR E on 1:45)
5:15	SWBR	2x(50pullhandswide, 50Kstretch3cnt) on 3:15	SWBR	3x(50pullhandswide, 50Kstretch3cnt) on 3:00	SWBR	4x(50pullhandswide, 50Kstretch3cnt) on 2:45
5:30	BR	3x100 BR/FR on 3:00	BR	5x100 BR/FR on 2:30	BR	3x200 BR/FR on 3:45
5:45	R	SAME==>	R	SAME==>	R	Relays/Starts/Turns
6:00	IM	3x100 IM/FR on 3:00	IM	4x100 IM/FR on 2:30	IM	5x100 IM/FR on 2:00
6:15	SP	4x25 sprnt IM order on 1:00, 4x50 wd	SP	8x25 sprnt IM order on 1:00, 4x50 wd	SP	12x50 sprnt IM order, 4x50 wd
Yards		1900		2800		3900
Time		51.7		94.6		95.975

Thought for the Day	Notes
Nothing is particularly hard if you divide it into small jobs.	