

# Today's Workout

Date: Sunday, 1/19/14

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	2x200 IM K on 4:30 w/fins	K	3x200 IM K on 4:30 w/fins	K	4x200 IM K on 3:45 w/fins
5:00	LQS	2x400 FR, 1:30 rest between	LQS	2x500 FR, 1:30 rest between	LQS	2x800 FR, 1:30 rest between
5:15	LQS		LQS		LQS	
5:30	K	4x(25E,25H) K IM order on 1:30 per 50 w/fins	K	8x(25E,25H) K IM order on 1:00 per 50 w/fins	K	12x(25E,25H) K IM order on 1:00 per 50 w/fins
5:45	SWFL	2x(25rsidek,25LsideK ,50-3ralaba)	SWFL	4x(25rsidek,25LsideK ,50-3ralaba)	SWFL	6x(25rsidek,25LsideK ,50-3ralaba)
6:00	FL	8x25 FL/FR on 1:00	FL	8x50 FL/FR on 1:30	FL	6x100 FL/FR on 1:45
6:15	IM	3x100 IM on 3:15	IM	5x100 IM on 2:45	IM	4x200 IM on 3:15
Yards		2100		3300		5000

Time 47.575 97.075 101.75

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