

Today's Workout

Date: Thursday, 1/23/14

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	4x75 K IM order on 2:00 With Board & Fins	K	8x50 K IM order on 1:30 With Board & Fins	K	12x50 K IM order on 1:10 With Board & Fins
5:00	BK	4x100 BK/FR on 2:30	BK	5x100 BK/FR on 2:15	BK	7x100 BK/FR on 2:00 (90%)
5:15	SWFL	4x(25Rarm,25Larm,50-3ralba) w/fins	SWFL	5x(25Rarm,25Larm,50-3ralba) w/fins	SWFL	8x(25Rarm,25Larm,50-3ralba) w/fins
5:30	FL	4x50 FL/FR on 1:30 w/fins	FL	6x50 FL/FR on 1:15 w/fins	FL	6x125 FL/FR on 2:15 w/fins
5:45	R	SAME==>	R	SAME==>	R	Relays/Starts/Turns
6:00	IM	2x100 IM/FR on 2:45	IM	3x100 IM/FR on 2:15	IM	5x100 IM/FR on 2:00
6:15	SP	4x50 Sprnt IM order on 1:30, 4x50 wd	SP	8x50 Sprnt IM order on 1:30, 4x50 wd	SP	12x50 SP IM order on 1:00, 4x50 wd
Yards		1900		2600		4150
Time		58.025		86.425		103.95

Thought for the Day	Notes
Obstacles are those frightful things you see when you take your eyes off your goal.	