

Today's Workout

Date: Sunday, 1/26/14

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 FR/FL on 2:30 w/Fins	K	4x150 K FR/FL on 2:30 w/Fins (150 straight)	K	4x200 K FR/FL on 3:30 No Fins (200 straight)
5:00	FR	3x(25ra,25la,25 2- ralaba,25 FL) :30 rst w/fins	FL	5x(25ra,25la,25 2- ralaba,25 FL) :30 rst w/fins	FL	7x100 FL/FR on 2:00
5:15	FR	3x100 FR on Xtest +:15	FR	5x100 FR on Xtest +:15	FR	7x100 FR on Xtest +:10
5:30	K	2x100 K BR/BA :30 rst No Fins	K	4x100 K BR/BA :30 rst No Fins	K	6x100 K BR/BA :15 rst No Fins
5:45	BK	4x100 BK/FR on 2:15	BK	5x100 BK/FR on 2:15	BK	6x100 BK on 2:15
6:00	BR	2x100 BR/FR on 2:30	BR	4x100 BR/FR on 2:30	BR	6x100 BR on 2:30
6:15	SWST	Review turn/start FR/BK then 4x50 FR/BK, 4x50wd	SWST	Review turn/start BR/BK then 6x50 BR/BK, 4x50wd	SWST	10x50 BR/BK on 1:00 work starts/turns, 4x50wd
Yards		2200		3400		4700
Time		64.9		107.8		105.6

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