

Today's Workout

Date: Thursday, 1/30/14

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 1:30 (2@FL/BK/BR/FR)	K	8x50 K IM order on 1:15 (2@FL/BK/BR/FR)	K	8x50 K IM order on 1:00 (2@FL/BK/BR/FR)
5:00	FR	4x100 FR on Xtest +:30	FR	5x100 FR on Xtest +:20	FR	6x100 FR on Xtest +:15
5:15	BR	3x100 BR/FR on 2:30	BR	5x100 BR/FR on 2:30	BR	5x200 BR/FR on 4:00
5:30	R	SAME==>	R	SAME==>	R	Relays/Starts
5:45	FL	2x(25ra,25la,50 3-ralaba,25FL) 1:00 rst w/fins	FL	4x(25ra,25la,50 3-ralaba,25FL) 1:00 rst w/fins	FL	6x(25ra,25la,50 3-ralaba,50FL) :30 rst w/fins
6:00	IM	3x(100 IM, 50 FReasy) :45 rst	IM	4x(100 IM, 50 FReasy) :30 rst	IM	4x(200 IM, 50 FReasy) Dscnd :30 rst
6:15	WD	4x50 wd choice	WD	4x50 wd choice	WD	4x50 wd choice
Yards		1850		2700		4100

Time 68.2 106.15 104.5

Thought for the Day	Notes
It's not up to anyone else to make me give my best.	