

Today's Workout

Date: Saturday, 2/2/2014

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 BK/FR on 2:15 w/fins	K	4x150 K BK/FR on 3:00 w/fins (150 each)	K	4x200 K BK/FR on 3:30 no fins (200 each)
5:00	BK	6x100 BK/FR on 4:00 90% race pace	BK	8x100 BK/FR on 3:00 90% race pace	BK	11x100 BK/FR on 2:30 90% race pace
5:15	BK		BK		BK	
5:30	K	3x(50H,50E) K FR on 3:00per100 w/fins	K	5x(50H,50E) K FR on 3:00per100 w/fins	K	7x(50H,50E) K FR on 2:00per100 w/fins
5:45	SWFR	3x(25 R HILS, 25 L HILS, 50 zipper) w/fins	SWFR	4x(25 R HILS, 25 L HILS, 50 zipper) w/fins	SWFR	6x(25 R HILS, 25 L HILS, 50 zipper) w/fins
6:00	FR	6x100 FR on 4:00 90% race pace	FR	8x100 FR on 3:00 90% race pace	FR	14x100 FR on 2:00 90% race pace
6:15	FR		FR		FR	
Yards		2200		3100		4600

Time 59.4 108.9 108.35

Thought for the Day	Notes
Don't find fault, find a remedy.	Race Pace Sets, Plenty of rest (at least 1:30), push swims hard