

Today's Workout

Date: Sunday 2/9/14

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 BR/BK on 2:15 w/fins	K	4x150 K BR/BK on 3:00 w/fins	K	4x200 K BR/BK on 4:00
5:00	BR	7x100 BR/FR on 3:00 90% race pace	BR	9x100 BR/FR on 3:00 90% race pace	BR	8x200 BR/FR on 3:40 90% race pace
5:15	BR		BR		BR	
5:30	K	3x(50H,50E) K BK on 3:30 per 100 w/fins	K	5x(50H,50E) K BK on 3:00 per 100 w/fins	K	7x(50H,50E) K BK on 2:00 per 100 w/fins
5:45	SWBK	4x(25 FashMdl, 25 laneline, 25 3-1abs)	SWBK	6x(25 FashMdl, 25 laneline, 25 3-1abs)	SWBK	8x(25 FashMdl, 25 laneline, 25 3-1abs)
6:00	BK	5x100 BK/FR on 2:45 90% race pace	BK	7x100 BK/FR on 2:45 90% race pace	BK	11x100 BK/FR on 2:30 90% race pace
6:15	WD	4x50 wd choice easy	BK	4x50 wd choice easy	BK	4x50 wd choice easy
Yards		2400		3350		5000

Time 73.7 109.175 113.41

Thought for the Day	Notes
We are never deceived; we deceive ourselves.	