

# Today's Workout

Date: Thursday 2/13/14

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 FL/BR on 3:30 no fins no board streamline	K	4x150 K FL/BK on 4:00 no fins no board streamline	K	4x200 K FL/BK on 4:00 no fins no board streamline
5:00	FL	10x50 (25FL,25FReasy)/BK on 2:00 w/fins	FL	10x75 (25FL,25FReasy,25FL) /BK on 2:00 w/fins	FL	8x125 (50FL,25FReasy,50FL) /BK on 2:15 w/fins
5:15	FL		FL		FL	
5:30	R	SAME==>	R	SAME==>	R	Starts/Turns/Relays
5:45	SWBK	4x(25 FashMdl, 25 stream, 25 3-1abs) w/fins	SWBK	6x(25 FashMdl, 25 stream, 25 3-1abs) w/fins	SWBK	8x(25 FashMdl, 25 stream, 25 3-1abs) w/fins
6:00	BK	3x100 BK/FR on 3:00 80%	BK	5x100 BK/FR on 2:30 80%	BK	7x100 BK/FR on 2:00 80%
6:15	SP	8x25 sprnt IM order on 1:15, 2x50wd	SP	8x25 sprnt IM order on 1:00, 2x50wd	SP	8x50 sprnt IM order on 1:10, 4x50wd
Yards		1900		2600		3700
Time		74.25		102.3		111.54

Thought for the Day	Notes
It has been my observation that most people get ahead during the time that others waste	

400	600	800	14	16	16
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500	750	1000	7.5	24	27
100			6		

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300	450	600	7.5	15	15
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300	500	700	10	15	14
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300	300	600	7.5	8	14.4
1900	2600	3700	67.5	93	101.4