

# Today's Workout

Date: Sunday, 2/16/14

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	2x200 IM K on 4:30 w/fins	K	3x200 IM K on 4:30 w/fins	K	4x200 IM K on 3:45 w/fins
5:00	FR	3x200 FR on 6:00 75%	FR	5x200 FR on 5:15 75%	FR	8x200 FR on 4:00 75%
5:15	FR		FR		FR	
5:30	R	SAME==>	R	SAME==>	R	Starts/Turns/Relays
5:45	SWBR	3x(25Kstream,25Khndsfront,25Khndsback,25BR)	SWBR	4x(25Kstream,25Khndsfront,25Khndsback,25BR)	SWBR	6x(25Kstream,25Khndsfront,25Khndsback,25BR)
6:00	BR	4x100 BR/FR on 3:30	BR	5x100 BR/FR on 3:00	BR	6x100 BR on 2:15
6:15	BK	4x100 BK/FR on 3:00	BK	5x100 BK/FR on 2:45	BK	6x100 BK on 2:00
Yards		2100		3000		4200

Time 57.475 96.25 107.25

Thought for the Day	Notes
<p>Do not follow where the path may lead. Go instead where there is no path and leave a trail.</p>	