

# Today's Workout

Date: Thursday, 2/20/14

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% Pace work each w/in 5 seconds	FR	4x200 FR on 4:30 75% Pace work each w/in 5 seconds	FR	6x200 FR on 4:00 75%
5:15	FR		FR		FR	
5:30	R	SAME==>	R	SAME==>	R	Starts/Truns/Relays
5:45	SWBR	2x(25Kstream,25Khndsfront,25Khndsback,25BR)	SWBR	3x(25Kstream,25Khndsfront,25Khndsback,25BR)	SWBR	5x(25Kstream,25Khndsfront,25Khndsback,25BR)
6:00	BR	3x100 BR/FR on 3:30	BR	4x100 BR/FR on 3:00	BR	5x100 BR/FR on 2:15
6:15	BK	3x100 BK/FR on 3:00	BK	4x100 BK/FR on 2:30	BK	5x100 BK/FR on 2:00
Yards		1800		2500		3500
Time		57.475		96.25		107.25

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