

# Today's Workout

Date: Sunday 2/23/14

## Today's Objectives:

It has been a month since we worked on Fly!

The last two sets won't be easy...

Enjoy!

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	3x150 K FR/FL on 3:00 w/Fins (150 straight)	K	4x150 K FR/FL on 3:00 w/Fins (150 straight)	K	4x200 K FR/FL on 3:30 w/Fins (200 straight)
5:00	FR	7x100 FR on 2:15 90%	FR	10x100 FR on 2:15 90%	FR	12x100 FR on 2:00 90%
5:15	FR		FR		FR	
5:30	R	SAME==>	R	SAME==>	R	Starts/Turns/Relays
5:45	SWFL	3x(25Kfront,25Kback, 25FReasy,25FL) :30rest w/fins	SWFL	5x(25Kfront,25Kback, 25FReasy,25FL) :30rest w/fins	SWFL	7x(25Kfront,25Kback, 25FReasy,25FL) :30rest w/fins
6:00	FL	5x(25FL,25FReasy,25 FL, 25FReasy)/100FR 1:00 rest	FL	7x(25FL,25FReasy,25 FL, 25FReasy)/100FR 1:00 rest	FL	9x(25FL,25FReasy,25 FL, 25FReasy)/100FR 1:00 rest
6:15	WD	4x50 easy choice	WD	4x50 easy choice	WD	4x50 easy choice
Yards		2150		3000		3800
Time		68.2		102.3		110

Thought for the Day	Notes
If you think you can do a thing or think you can't do a thing, you're right.	