

Today's Workout

Date: Thursday, 2/27/14

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	4x50 K IM order on 1:30 (2@FL/BK/BR/FR)	K	8x50 K IM order on 1:30 (2@FL/BK/BR/FR)	K	12x50 K IM order on 1:00 (2@FL/BK/BR/FR)
5:00	FR	4x100 FR Xtest +:20	FR	6x100 FR Xtest +:20	FR	8x100 FR Xtest +:15
5:15	FR	4x50 FR :45r 90%	FR	8x50 FR :45r 90%	FR	12x50 FR :30r 90%
5:30	R	SAME==>	R	SAME==>	R	Relays/Starts/Turns
5:45	BK	4x(25Rarm,25Larm,5 0 -3ralba)	SWFL	6x(25Rarm,25Larm,5 0 -3ralba)	SWFL	8x(25Rarm,25Larm,5 0 -3ralba)
6:00	BR	2x(25FL,25FREasy,50 FL)	FL	2x(25FL,25FREasy,50 FL)	FL	4x(25FL,25FREasy,50 FL)
6:15	SP	4x50 IM order w/blocks, 2x50 wd	SP	4x50 IM order w/blocks, 2x50 wd	SP	4x50 IM order w/blocks, 2x50 wd
Yards		1900		2500		3500

Time	61.6	102.85	101.75
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Thought for the Day	Notes
We are never deceived; we deceive ourselves.	