

# Today's Workout

Date: Sunday 3/2/14

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 1:45 w/fins	K	8x50 K IM order on 1:30 (2@FL/BK/BR/FR) w/fins	K	12x50 K IM order on 1:00 (3@FL/BK/BR/FR) w/fins
5:00	FR	4x100 FR Xtest +:30	FR	6x100 FR Xtest +:20	FR	8x100 FR Xtest +:15
5:15	FR	6x50 FR 1:00r 90%	FR	8x50 FR :45r 90%	FR	12x50 FR :30r 90%
5:30	K	4x100 K FL/BK/FR/FL on 3:00 w/fins	K	6x100 K FL/BK/FR/BK/FR/BK on 2:45 w/fins	K	6x150 K FL/BK/FR/BK/FR/BK on 2:15 w/fins
5:45	BK	4x100 BK/FR on 2:45	BK	6x100 BK/FR on 2:30	BK	8x100 BK/FR on 2:00
6:00	BK	6x50 BK/FR on 1:30	BK	8x50 BK/FR on 1:15	BK	12x50 BK/FR on 1:00
6:15	WD	4x50 wd choice	WD	4x50 wd choice	WD	4x50 wd choice
Yards		2200		3200		4500

Time                                      71.5                                      101.2                                      103.4

Thought for the Day	Notes
You can't build a reputation on what you are going to do.	