

Today's Workout

Date: Thursday, 3/6/14

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 (2@FL/BK/BR/FR)	K	8x50 K IM order on 1:30 (2@FL/BK/BR/FR)	K	8x50 K IM order on 1:00 (2@FL/BK/BR/FR)
5:00	BK	4x100 FR Xtest +:15	FR	5x100 FR Xtest +:10	FR	6x100 FR Xtest +:05
5:15	FR	4x100 BR on 3:30	BR	5x100 BR on 3:15	BR	4x200 BR on 4:00
5:30	R	SAME==>	R	SAME==>	R	Relays/Starts
5:45	FL	4x(25ra,25la,25 3- ralaba,25FL) 1:00 rst w/fins	FL	5x(25ra,25la,25 3- ralaba,25FL) 1:00 rst w/fins	FL	6x(25ra,25la,50 3- ralaba,25FL) :30 rst w/fins
6:00	IM	4x(100 IM, 25E) :45 rst	IM	4x(100 IM, 25E) :30 rst	IM	4x(150 IM, 50 E) Dscnd :30 rst (No Free in IM)
6:15	WD	4x50 easy	WD	4x50 easy	WD	4x50 easy
Yards		2000		2600		3650
Time		68.2		106.15		93.5

Thought for the Day	Notes
It's not up to anyone else to make me give my best.	