

# Today's Workout

Date: Sunday, 3/9/14

	Beginner		Intermediate		Advanced	
Set	Comp	Set	Comp	Set	Comp	Set
1	K	4x75 K IMO w/fins	K	4x100 K IMO w/fins	K	4x125 K IMO w/fins
2	FR	50 medium pace	FR	100 medium pace	FR	150 medium pace
3	FR	1x25 :10r, 2x50 on :15r, 3x75 :20r, 4x100 :30r, 3x75 :15r, 2x50 :10r, 1x25 :5r	FR	2x25 :10r, 3x50 on :15r, 4x75 :20r, 5x100 :30r, 4x75 :15r, 3x50 :10r, 2x25 :5r	FR	3x25 :10r, 4x50 on :15r, 5x75 :20r, 6x100 :30r, 5x75 :15r, 4x50 :10r, 3x25 :5r
4	Easy	50 slow, easy, choice	Easy	100 slow, easy, choice	Easy	150 slow, easy, choice
5	BR	3x100 BR/FR :30r	BR	5x100 BR/FR :20r	BR	6x100 BR/FR :15r
6	IM	3x100 IM/FR	IM	5x100 IM/FR :20r	IM	6x100 IM/FR :15r
7	wd	3x50 warm down	wd	4x50 warm down	wd	4x50 warm down
0						
0						
Yards		2250		3300		4200