

Today's Workout

Date: Thursday, 1/13/14

	Beginner		Intermediate		Advanced	
Set	Comp	Set	Comp	Set	Comp	Set
1	K	2x200 K FR/FL on 4:30 w/fins	K	3x200 K FR/FL on 4:15 w/fins	K	4x200 K FR/FL on 3:40 w/fins
2	FL	4x(25,25 Freasy) FL on 1:30/50 pace	FL	4x(25,25 Freasy,25) FL on 1:30/50 pace	FL	4x(25,50,50 Freasy,50) FL on 2:00/100 pace
3	FR	3x100 FR on Xtest +:45	FR	4x100 FR on Xtest +:30	FR	5x100 FR on Xtest +:15
4	R	SAME==>	R	SAME==>	R	Starts/Turns/Relays
5	FR	3x150 FR on 3:45	FR	3x200 FR on 3:45	FR	3x200 FR on 3:15
6	FR	3x50 FR on 1:30	FR	4x50 FR on 1:15	FR	6x50 FR on 1:00
7	SP	4x25 sprnt FR on 1:00	SP	3x50 FR sprnt on 1:00	SP	5x50 FR sprnt on :45
8	WD	4x50 Easy	WD	4x50 Easy	WD	4x50 Easy
0						
Yards		1800		2450		3350