

Today's Workout

Date: 4/24/2014

Today's Objectives:

Freestyle: 1) Body Line; 2) Body Balance; 3) Breathing; 4) Propulsion

1) On Side; 2) Fwd of CG; 3) No lift hd; 4) Forearm

1) Hips Lead

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch
4:45	K	3x100 FR/BK :30r w/fins	K	4x100 FR/BK :20r w/fins	K	5x100 FR/BK :15r w/fins
5:00	SWFR	SAME 50 sailboat w/fins==>	SWFR	SAME 2x50 Sailboat w/fins==>	SWFR	Review FR Basics (above), 3x50 Sailboat <u>w/fins</u> , Hips lead
5:15	FR	5x100 FR on 3:00, Zipper Even	FR	6x100 FR on 2:30, Zipper Even	FR	15x50 FR on 1:00, zipper odd
5:30	K	3x100 on 3:15, SAME==>	K	4x100 on 2:30, SAME==>	K	5x100 FR on 2:15, Even:head in line spine <u>w/fins</u> , one arm up, switch every length
5:45	FR	4x100 on xtest +1:00	FR	5x100 on xtest +:45	FR	4x200 on 4:00
6:00	SWBK	Review BK Basics	SWBK	Review BK Basics	SWBK	Review BK Basics
6:15	BK	3x50 BK Easy	BK	4x50 BK Easy	BK	5x50 BK Easy
Yards		750		2100		2800

Thought for the Day	Notes
<p>To avoid criticism, do nothing, say nothing, be nothing.</p> <p><u>Is that really what we want to be?</u></p>	<p>Do the drills correctly, otherwise they don't help.</p>