

Today's Workout

Date: 4/27/2014

Today's Objectives:

Backstroke: 1) Body Position; 2) Head Position; 3) Hands; 4) Propulsion
1) On Side; 2) No Move; 3) At shoulder; 4) Kick
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 w/fins on 3:00	K	4x100 FR/BK w/fins on 2:15	K	5x100 FR/BK w/fins on 2:00
5:00	SWBK	SAME ==>	SWBK	SAME ==>	SWBK	Review BK Basics. One Arm BK (shoulder rotate), underwater BK
5:15	BK	4x100 BK on 3:30	BK	5x100 BK on 3:00	BK	6x100 BK on 2:30
5:30	K	4x50 FR/BK SP on 2:00 alt Streamline & Fashion Model	K	5x50 FR/BK SP on 2:00 alt Streamline & Fashion Model	K	8x50 FR/BK SP on 1:30 alt Streamline & Fashion Model
5:45	BK	4x200 BK/FR on 4:30	BK	5x200 BK/FR on 4:30	BK	6x200 BK/FR on 4:00
6:00	BK		BK		BK	
6:15	SP	2x50 FR/BK SP then 3x50 Choice WD :30 rest	SP	4x50 FR/BK SP then 3x50 Choice WD :30 rest	SP	6x50 FR/BK SP then 4x50 Choice WD :30 rest
Yards		1950		2500		3200

Thought for the Day	Notes
When everything seems to be going against you, remember that the airplane takes off against the wind, not with it	