

Today's Workout

Date: 5/1/2014

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	2x100 IM (25 FL/BK/BR/FR) w/fins on 2:30	K	3x100 IM (25 FL/BK/BR/FR) w/fins on 2:30	K	4x100 IM (25 FL/BK/BR/FR) on 2:45
5:00	SWBK	SAME ==>	SWBK	SAME ==>	SWBK	Review BK Basics. 5x50 One Arm BK pull lane line, :15r
5:15	BK	4x100 BK/FR on 2:30	BK	5x100 BK/FR on 2:30	BK	6x100 BK/FR on 2:00
5:30	K	4x50 BK/FR w/fins streamline on 2:00	K	6x50 BK/FR w/fins streamline on 2:00	K	7x50 BK/FR on 1:30
5:45	BK	6x50 FR/BK on 1:15	BK	8x50 FR/BK on 1:15	BK	12x50 FR/BK on 1:00
6:00	SWBR	SAME ==>	SWBR	SAME ==>	SWBR	Review BR Basics. 4x(25 Kick hands front, 25 hands wide vertical)
6:15	SP	3x50 BR on 2:00, 2x50 wd	SP	4x50 BR on 2:00, 2x50 wd	SP	5x50 BR on 1:30, 3x50 wd
Yards		1800		2250		2800

Thought for the Day	Notes
Failure is simply the opportunity to begin again, this time more intelligently.	