

Today's Workout

Date: 5/4/2014

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	2x200 FR/FL w/fins on 3:15	K	3x200 FR/FL w/fins on 3:00	K	4x200 FR/FL w/fins on 2:45
5:00	SWBK	SAME ==>	SWBK	SAME ==>	SWBK	Review BK Basics. 2x50 One Arm BK, 2x50 Underwater BK
5:15	BK	5x100 BK/FR on 2:45	BK	7x100 BK/FR on 2:15	BK	9x100 BK/FR on 1:45
5:30	FR	5x100 FR on 2:00	FR	6x100 FR on 2:00	FR	8x100 FR on 2:00
5:45	SWFL	SAME ==>	SWFL	SAME ==>	SWFL	Review FL Basics.
6:00	FL	4x50 FL w/fins on 2:15	FL	6x50 FL w/fins on 1:45	FL	8x50 FL w/fins on 1:15
6:15	IM	4x100 IM on 2:15, 4x50 wd	IM	5x100 IM on 2:15, 4x50 wd	IM	6x100 IM on 2:15, 4x50 wd
Yards		2200		3100		3700

Thought for the Day	Notes
Don't find fault, find a remedy.	