

Today's Workout

Date: Thursday 5/15/14

Today's Objectives:

Butterfly: 1) Body Roll Stroke; 2) Hand Entry; 3) Breathing Position
1) Hands In, Hips Up; 2) Outside Shoulders; 3) Down, 1"air

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch, Jump Set
4:45	K	2x(25,50,25) FR on 1:30 per 50 w/fins	K	2x(25,50,100,50,25) FR on 1:00 per 50 w/fins	K	2x(50,100,200) FR on :45 per 50 w/fins
5:00	SWFL	2x(50K 3cnt fr/rt/ba/lft, 50 3ralaba) w/fins :45r	SWFL	2x(100K 6cnt fr/rt/ba/lft, 50 3ralaba) w/fins :30r	SWFL	3x(100K 6cnt fr/rt/ba/lft, 50 3ralaba) w/fins :20r
5:15	FL	3x(25FL, 25FReasy, 25FL, 25FReasy) on 1:45	FL	5x(25FL,25FReasy,25 FL, 25FReasy) on 3:00	FL	4x(50FL,50FReasy,50 FL, 50FReasy) on 4:00
5:30	FR	4x125 FR on Xtest +:45	FR	6x125 FR on Xtest +:45	FR	8x125 FR on Xtest +:30
5:45	IM	3x100 IM on 2:45	IM	4x100 IM on 2:15	IM	5x100 IM on 2:00
6:00	WD	4x50 Choice WD	WD	4x50 Choice WD	WD	4x50 Choice WD
6:15						
Yards		1700		2650		3550

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