

# Today's Workout

Date: Sunday, 5/18/14

Today's Objectives:

Review of all strokes. Concentrate on technique.

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch
4:45	K	3x100 IM K on 2:00 w/bd & fins	K	5x100 IM K on 2:00 w/bd & fins	K	6x100 IM K on 2:00 w/bd & fins
5:00	FR	3x200 FR on 3:45	FR	4x200 FR on 3:45	FR	5x200 FR on 3:45
5:15	FR	3x100 FR on 2:00	FR	5x100 FR on 2:00	FR	7x100 FR on 2:00
5:30	R	SAME ==>	R	SAME ==>	R	SAME ==>
5:45	BK	200 BK on 4:30	BK	2x200 BK on 4:30	BK	3x200 BK on 4:30
6:00	BK	3x100 BK/FR on 2:30	BK	5x100 BK/FR on 2:30	BK	7x100 BK/FR on 2:30
6:15	SP	4x25 sprnt IM order :30r, 4x50 wd	SP	4x25 sprnt IM order :30r, 4x50 wd	SP	4x25 sprnt IM order :30r, 4x50 wd
Yards		2000		3000		3900

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