

Today's Workout

Date: Thursday, 5/22/14

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	4x100 IM K on 3:00 w/bd	K	5x100 IM K on 3:00 w/bd	K	6x100 IM K on 2:30 w/bd
5:00	FR	4x100 FR on 2:15	FR	6x100 FR on 2:15	FR	8x100 FR on 2:00
5:15	FR	6x50 FR on 1:15	FR	10x50 FR on 1:15	FR	16x50 FR on 1:00
5:30	R	SAME ==>	R	SAME ==>	R	Divide team up into three relay teams. At least 3 200+, FR & IM
5:45	IM	200 IM on 4:30	IM	2x200 IM on 4:30	IM	3x200 IM on 4:00
6:00	BK	3x100 IM on 2:30	IM	4x100 IM on 2:30	IM	5x100 IM on 2:00
6:15	SP	4x50 WD Choice	SP	4x50 WD Choice	SP	4x50 WD choice
Yards		1800		2600		3500

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