

Today's Workout

Date: Thursday, 5/29/14

Today's Objectives:

X-Test: 100 Repeat on lowest possible interval. How Low Can You Go?
Choose an the lowest interval you think you can make.

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch, Pushup Set
4:45	K	2x200 K FR w/fins :20 rest	K	3x200 K FR w/fins :20 rest	K	4x200 K FR on 3:40
5:00	SWFR	6x50 alt (K Sailboat)/(Finger Drag) on 1:20 w/fins	SWFR	8x50 alt (K Sailboat)/(Finger Drag) on 1:20 w/fins	SWFR	8x50 alt (K Sailboat)/(Finger Drag) on 1:10
5:15	FR	6x100 FR on Xtest +:15	X	6x100 FR on Xtest +:10	X	6x100 FR on Xtest +:05
5:30	R	SAME ==>	R	SAME ==>	R	Relays, starts, turns, streamline
5:45	BK	2x100 BK on 2:15	BK	3x100 BK/FR on 2:00	BK	4x100 BK/FR on 1:45
6:00	FR	2x100 BR on 2:30	BR	3x100 BR on 2:15	BR	3x100 BR/FR on 2:00
6:15	SP	3x50 sprnt FR/BK/BR on 1:15, 3x50 wd	SP	3x50 sprnt FR/BK/BR on 1:15, 3x50 wd	SP	6x50 sprnt FR/BK/BR on :50, 3x50 wd
Yards		2000		2500		3050

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