

# Today's Workout

Date: Thursday, 6/5/14

Today's Objectives:

Distance Increase. Pace over distance.

Stroke Work Back

Work BK Turns

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch
4:45	K	4x100 K FR on 2:15 w/fins no board,	K	6x100 K FR on 2:15 w/fins no board,	K	8x100 K FR on 1:50 w/fins no board
5:00	SWFR	2x250 FR Pull 1:45 rest	LQS	2x300 FR Pull 1:30 rest	LQS	2x400 FR Pull 1:40 rest
5:15	FR	2x100 BR/FR on 2:30/2:00	BR	3x100 BR/FR on 2:30/2:00	BR	2x200 BR on 2:30
5:30	R	SAME ==>	R	SAME ==>	R	Relays
5:45	SWBK	6x50 alt (one arm BK)/BK on 1:45	SWBK	8x50 alt (one arm BK)/BK on 1:30	SWBK	10x50 alt (one arm BK)/BK on 1:00
6:00	BK	2x100 BK/FR on 2:15	BK	3x100 BK/FR on 2:15	BK	2x200 BK on 3:00
6:15	FR	2x100 FR on 2:15, 4x50 wd	FR	3x100 FR on 2:15, 4x50 wd	FR	2x200 FR on 2:30, 4x50 wd
Yards		2000		2700		3500

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