

Today's Workout

Date: Thursday, 6/12/14

Today's Objectives:

Leverage Xtest Results
Fly Set
Stroke Work Breast

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	2x200 K FR/FL on 4:15 w/fins	K	3x200 K FR/FL on 4:15 w/fins	K	4x200 K FR/FL on 4:15
5:00	FL	[(25FL,25FREasy,2 5FL)/75FR] on 1:30	FL	2x[(25FL,25FREasy ,25FL)/75FR] on 1:30	FL	4x[(25FL,25FREasy ,25FL)/75FR] on 1:15
5:15	FR	3x100 FR on Xtest +:45	FR	4x100 FR on Xtest +:30	FR	5x100 FR on Xtest +:15
5:30	SWST	SAME==>	SWST	SAME==>	SWST	Starts/Turns Dive Flip Turns
5:45	SWBF	6x50 alt (kick hands back)/(1"air) on 1:30	SWBF	8x50 alt (kick hands back)/(1"air) on 1:30	SWBF	10x50 alt (kick hands back)/(1"air) on 1:00
6:00	BR	3x150 BR/FR on 4:00	BR	4x150 BR/FR on 4:00	BR	3x200 BR on 3:45
6:15	SP	3x50 FR sprnt on 1:00, 2x50 wd	SP	3x50 FR sprnt on 1:00, 3x50 wd	SP	5x50 FR sprnt on :50, 3x50 wd
Yards		1850		2600		3400

Thought for the Day	Notes
We are never deceived; we deceive ourselves.	