

Today's Workout

Date: Sunday, 6/15/13

Today's Objectives:

Distance Increase. Pace over distance.

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	2x100 K FR on 2:30	K	3x100 K FR on 2:15	K	4x100 K FR on 1:50
5:00	LQS	3x(300 FR Pull, 1:00 min rst)	LQS	4x(300 FR Pull, 1:00 min rst)	LQS	5x(300 FR Pull, 1 min rst)
5:15	LQS		LQS		LQS	
5:30	BR	4x100 BR/FR on 2:45	BR	5x100 BR/FR on 2:30	BR	6x100 BR/FR on 2:15
5:45	R	SAME==>	R	SAME==>	R	Relays, Starts, Turns
6:00	IM	4x100 IM/FR on 3:00	IM	6x100 IM/FR on 2:30	IM	4x200 IM on 3:30
6:15	BK	3x100 BK/FR on 2:45	BK	4x100 BK/FR on 2:15	BK	4x100 BK on 1:50
Yards		2200		3000		3700

Thought for the Day	Notes
Enjoy when you can, and endure when you must.	Head Position, Anchor, Breathing, Turns