

Today's Workout

Date: Thursday, 6/19/14

Today's Objectives:

Xtest Check
Fly Set
Sprints

	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 w/fins on 5:00	K	3x200 K FR/FL w/fins on 4:15	K	4x200 K FR/FL on 3:40
5:00	X	6x100 FR Lowest Interval. Record Interval.	X	6x100 FR Lowest Interval. Record Interval.	X	6x100 FR Lowest Interval. Record Interval.
5:15	K	6x50 FL/FR w/fins on 1:15	K	8x50 FL/FR w/fins on 1:00	K	6x100 FL/FR on 2:00
5:30	r	SAME==>	r	SAME==>	R	Relays, Starts, Turns
5:45	FL	4x(25FL/25FR) on 1:45	FL	6x(25FL/25FR) on 1:30	FL	4x100 FL on 2:00
6:00	FR	3x100 FR on 2:30	FR	4x100 FR on 2:00	FR	5x100 FR on 1:40
6:15	SP	4x25 FL/FR on :40/:50, 2x50 wd choice	SP	8x25 FL/FR on :30/:40, 2x50 wd choice	SP	8x50 FR/FL on 1:00
Yards		2000		2600		3300
Time		36.025		65.725		66

Thought for the Day	Notes
Nothing is particularly hard if you divide it into small jobs.	