Today's Workout

Date: Thursday, 6/26/14

Today's Objectives:

Double Kick
IM's
Keep loose for next week

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	K	3x200 IM K on 4:45 w/fins	K	4x200 IM K on 4:15 w/fins	K	5x200 IM K on 3:30 w/fins no Board
4:45	K	||	K	||	K	||
5:00	IM	2x100 IM/FR on 2:30	IM	3x100 IM/FR on 2:15	IM	2x200 IM on 3:30
5:15	FL	4x(25 FL, 25 FR) on 1:45	FL	6x(25 FL, 25 FR) on 1:30	FL	2x200 FL on 4:00 (2x(100FL,75FR,25
5:30	BK	3x100 BK/FR on 2:45	BK	3x100 BK/FR on 2:15	BK	2x200 BK on 3:30
5:45	BR	3x100 BR/FR on 3:00	BR	3x100 BR/FR on 2:30	BR	2x200 BR on 4:00
6:00	FR	3x100 FR on 2:30	FR	3x100 FR on 2:00	FR	2x200 FR on 3:15
6:15	G	Same ==>	G	Same ==>	G	Sharks & Minnows
Yards		1900		2300		3000
Time		33.275		59.95		59.4

Thought for the Day	Notes
The greatest mistake you can make is to be continually fearing you will make one.	