

Today's Workout

Date: Sunday, 6/29/14

Today's Objectives:

Distance Increase. Pace over distance.
Long Free set to get pace on 100's
General Conditioning

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	3x100 IM K w/:30 rst	K	4x100 IM K w/:20 rst	K	6x100 IM K w/:15 rst
5:00	FR	5x100 FR on Xtest +1:00	FR	7x100 FR on Xtest +:45	FR	14x100 FR on Xtest +:30
5:15	BR	4x100 BR/FR on 3:15/2:30	BR	5x100 BR/FR on 3:00/2:00	BR	6x100 BR on 2:15
5:30	BK	4x100 BK/FR on 3:00/2:30	BK	5x100 BK/FR on 2:45/2:00	BK	4x200 BK on 3:30
5:45	R	SAME==>	R	SAME==>	R	Relays/Start/Turns
6:00	IM	4x100 IM/FR on 3:00/2:30	IM	5x100 IM/FR on 2:45/2:00	IM	4x200 IM on 3:45
6:15	BK	3x100 BK/FR on 2:45, 4x50 wd	BK	4x100 BK/FR on 2:15, 4x50 wd	BK	5x100 BK on 1:50
Yards		2500		3200		4700
Time		44.55		101.475		112.42

Thought for the Day	Notes
Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.	