

Today's Workout

Date: Thursday, 7/3/14

Today's Objectives:

Double Kick
IM's
Fly, Free

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	4x200 IM K on 4:15 w/fins and	K	5x200 IM K on 4:15 w/fins and	K	6x200 IM K on 4:00 w/fins and
5:00	K		K		K	
5:15	FL	12x25 alt FL/FR on :45	FL	18x25 alt FL/FR on :45	FL	10x50 alt FL/FR on 1:00
5:30	FR	16x25 FR on :30	FR	20x25 FR on :30	FR	10x50 FR on :45
5:45	IM	3x100 IM on 2:15	IM	4x100 IM on 2:15	IM	4x200 IM on 3:45
6:00	WD	SAME==>	SWST	SAME==>	SWST	4x50 Easy Choice
6:15	G	SAME==>	G	SAME==>	G	Snowballs
Yards		0		2550		3200
Time		53.9		103.4		95.15

Thought for the Day	Notes
Failure is simply the opportunity to begin again, this time more intelligently.	