

Today's Workout

Date: Sunday, 7/6/14

Today's Objectives:

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	2x200 IM K on 4:30 Board & fins	K	3x200 IM K on 4:30 Board & fins	K	4x200 IM K on 3:45 Board, no fins
5:00	BK	4x100 BK/FR on 3:00	BK	5x100 BK/FR on 2:15	BK	7x100 BK on 1:50
5:15	SWFR	9x50 FR/Zipr on 1:15	SWFR	11x50 FR/Zipr on 1:15	SWFR	13x50 alt FR/Zipr on :45
5:30	FR	4x100 FR on Xtest +:45	FR	6x100 FR on Xtest +:30	FR	8x100 FR on Xtest +:20
5:45	SWST	Work Starts/Turns Relays	SWST	Work Starts/Turns Relays	SWST	Work Starts/Turns Relays
6:00	BR	4x100 BR/FR on 3:00	BR	5x100 BR/FR on 2:30	BR	7x100 BR on 2:00
6:15	IM	4x100 IM/FR on 2:45	IM	5x100 IM/FR on 2:15	IM	4x200 IM on 3:40
Yards		2450		3250		4450

Time	53.35	100.925	104.731
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Thought for the Day	Notes
Enjoy when you can, and endure when you must.	