

Today's Workout

Date: Thursday, 7/10/14

Today's Objectives:

Free, Breast, Fly

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	2x150 K FL/BK order on 3:45 w/fins/board	K	3x150 K FL/BK/BR on 3:00 w/fins/board	K	4x200 K IM order on 3:30
5:00	FL	4x(25FL,25FR) on 1:45	FL	6x(25FL,25FR) on 1:30	FL	5x100 alt FL/FR on 2:00
5:15	BR	4x50 alt BR/FR on 1:45	BR	6x50 alt BR/FR on 1:15	BR	5x100 alt BR/FR on 2:00
5:30	K	2x(75E/75H) IMs (25FL,25BK,25BR) on 2:00	K	3x(75E/75H) IMs (25FL,25BK,25BR) on 2:00	K	8x(50E/50H) IM order on 1:15
5:45	FR	4x100 FR on Xtest +:15	FR	4x100 FR on Xtest +:15	FR	6x100 FR on Xtest +:15
6:00	IM	3x100 IM on 2:30	IM	4x100 IM on 2:10	IM	3x200 IM on 3:30
6:15	WD	2x50 WD Easy Choice	WD	2x50 WD Easy Choice	SP	8x25 sprnt IM order :15r
Yards		1800		2400		4000

Time 39.688 91.476 87.45

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