

Today's Workout

Date: Sunday, 7/13/14

Today's Objectives:

Breast Stroke Review

	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 4:45 w/fins	K	3x200 IM K on 4:30 w/fins	K	4x200 IM K on 3:45 w/fins
5:00	FR	4x100 on Xtest + :30	FR	5x100 on Xtest + :20	FR	7x100 on Xtest + :15
5:15	SWBF	3x(25Khandfrs,25k handbk,25kstream ,25BR) on 3:30	SWBF	4x(25Khandfrs,25k handbk,25kstream ,25BR) on 3:00	SWBF	5x(25Khandfrs,25k handbk,25kstream ,25BR) on 2:45
5:30	BR	4x100 BR on 2:45	BR	5x100 BR on 2:30	BR	7x100 BR on 2:00
5:45	R	SAME==>	R	SAME==>	R	Relays, Starts, Turns
6:00	FR	4x100 FR on 2:45	FR	5x100 FR on 2:15	FR	4x200 FR on 3:15
6:15	IM	2x100 IM on 2:45, 4x50 wd choice	IM	4x100 IM on 2:30, 4x50 wd choice	IM	4x200 IM on 3:30
Yards		2300		3100		4300

Time 51.15 103.675 108.625

Thought for the Day	Notes
Enjoy when you can, and endure when you must.	