

Today's Workout

Date: Thursday, 7/17/14

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	8x50 K IM order :15r w/fins & board	K	12x50 K IM order :10r w/fins & board	K	16x50 K IM order on 1:00 w/fins no board
5:00	FR	2x(100 FR H on Xtest +:30, 100 FR E on Xtest +:45)	FR	3x(100 FR H on Xtest +:30, 100 FR E on Xtest +:45)	FR	4x(100 FR H on 1:30, 100FR E on 1:45)
5:15	SWBF	2x(50pullhandswi de,50Kstretch3cnt) :20R or LPT	SWBF	3x(50pullhandswi de,50Kstretch3cnt) :15R or LPT	SWBF	4x(50pullhandswi de,50Kstretch3cnt) on 2:45
5:30	BR	4x100 BR/FR on 2:45/2:15	BR	5x100 BR/FR on 2:30/2:00	BR	3x200 BR on 3:45
5:45	R	SAME==>	R	SAME==>	R	Relays/Starts/Turn s
6:00	IM	3x100 IM/FR on 2:30	IM	4x100 IM/FR on 2:15	IM	5x100 IM on 2:00
6:15	SP	4x25 sprnt IM order, 2x50 wd	SP	4x25 sprnt IM order, 2x50 wd	SP	12x50 sprnt IM order
Yards		1900		2600		3700

Time 51.7 94.6 95.975

Thought for the Day	Notes
Nothing is particularly hard if you divide it into small jobs.	