

# Today's Workout

Date: Sunday 7/20/14

Today's Objectives:

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|       | 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 w/fins              | K            | 3x200 IM K on 4:30 w/fins              | K               | 4x200 IM K on 3:45 w/fins               |
| 5:00  | LQS        | 700 yd swim                            | LQS          | 1000 yd swim                           | LQS             | 30 Minute Swim                          |
| 5:15  | LQS        |  | LQS          |  | LQS             |   |
| 5:30  | K          | 8x(25E,25H) K IM order on 1:30 NO FINS | K            | 8x(25E,25H) K IM order on 1:30 NO FINS | K               | 12x(25E,25H) K IM order on 1:00 NO FINS |
| 5:45  | SWFL       | 3x(25sidek, 25LsideK, 50-3ralaba)      | SWFL         | 4x(25sidek, 25LsideK, 50-3ralaba)      | SWFL            | 6x(25sidek, 25LsideK, 50-3ralaba)       |
| 6:00  | FL         | 4x(25 Fly, 25 Free) on 1:30            | FL           | 8x(25 Fly, 25 Free) on 1:30            | FL              | 6x100 FL on 1:45                        |
| 6:15  | IM         | 2x100 IM on 2:45, 4x50 wd              | IM           | 3x100 IM on 2:45, 4x50 wd              | IM              | 4x200 IM on 3:15                        |
| Yards |            | 2300                                   |              | 3300                                   |                 | 5000                                    |

Time 52.525 97.075 101.75

| Thought for the Day              | Notes |
|----------------------------------|-------|
| Don't find fault, find a remedy. |       |