

Today's Workout

Date: Thursday, 7/24/14

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 on 1:30 With	K	8x50 K IM order on 1:30 With	K	12x50 K IM order on 1:10 With
5:00	BK	4x100 BK/FR on 2:45	BK	5x100 BK/FR on 2:15	BK	7x100 BK on 2:00 (90%)
5:15	SWFL	4x(25Rarm,25Larm,25 -3ralba)	SWFL	6x(25Rarm,25Larm,25 -3ralba)	SWFL	8x(25Rarm,25Larm,50 -3ralba)
5:30	FL	4x(25FL,25FR) on 1:30	FL	6x(25FL,25FR) on 1:15	FL	6x125 FL on 2:15
5:45	R	SAME==>	R	SAME==>	R	Relays/Starts/Turns
6:00	IM	4x100 IM/FR on 2:45	IM	5x100 IM/FR on 2:30	IM	7x100 IM on 2:00
6:15	SP	4x50 Sprnt IM order on 1:45, 4x50 wd	SP	4x50 Sprnt IM order on 1:30, 4x50 wd	SP	12x50 SP IM order on 1:00
Yards		1900		2550		4150

Time 58.025 86.425 103.95

Thought for the Day	Notes
Obstacles are those frightful things you see when you take your eyes off your goal.	