

Weekly Workout: Skills Week 1/5

10/24/2011		12U Novice		Intermediate		Advanced/Senior	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	Intro	SAME ==>		SAME ==>		Introductions
	4:45	Intro	SAME ==>		SAME ==>		Introductions
	5:00	DL	SAME ==>		SAME ==>		Stretch, Pushup Set
	5:15	K	3x50 FR on 2:00 w/bd		7x50 FR on 2:00 w/bd		9x50 FR on 1:30 w/bd
	5:30	SWFR	SAME ==>		SAME ==>		Review FR Basics, zippr
	5:45	FR	6x50 FR on 1:30 Flick ear E, Swm O		9x50 FR on 1:30 Flick ear E, Swm O		7x100 FR on 2:00 Flick ear E, Swm O
	6:00	K	3x50 on 2:15 no bd		7x50 on 2:00 no bd		8x50 on 1:45 no bd
	6:15	FR	2x50 FR Slow Motion		8x50 FR Slow Motion		10x50 FR Slow Motion
	Yards			700		1600	
Tues	4:30						
	6:15						
	Yards						
Wed	4:30	DL	SAME ==>		SAME ==>		Stretch, Cardio Set
	4:45	K	3x50 FR/BK, alt w/bd on 2		4x100 FR/BK on 3:30 w/bd		5x100 Fr/BK on 2:30 w/bd
	5:00	SWFR	SAME ==>		SAME==>		Review FR Basics, Sailbt
	5:15	FR	3x100 FR on 3:00, zpr odd		6x100 FR on 2:30 zpr evn		15x50 FR on :55 zpr evn
	5:30	K	2x100 on 4:30 no bd in-line-spine		4x100 on 4:00 no bd in-line-spine		5x100 on 3:00 no bd in-line-spine
	5:45	FR			5x100 on 2:30		4x200 on on 3:30
	6:00	SWBK	SAME ==>		SAME==>		Review BK basics
	6:15	BK	2x50 BK Easy		4x50 BK Easy		5x50 BK Easy
	Yards			750		2100	
Thur	4:30						
	6:15						
	Yards						
Fri	4:30	DL	SAME ==>		SAME ==>		Stretch, Jump Set
	4:45	K	2x100 on 4:30 no bd		4x100 on 4:00 no bd		5x100 on 3 no bd
	5:00	K	6x25 FR SP :30 r		10x25 FR SP :20 R		8x50 FR SP :15 R
	5:15	SWFR	SAME ==>		SAME==>		Review FR Basics, Zippr
	5:30	FR	4x50 FR on 1:30 Flick ear E, swm O		6x100 FR on 2:30 Fick ear E, swm O		7x100 FR on 1:45 Flick ear E, swm O
	5:45	SWBR	SAME ==>		SAME==>		Review BR Basics
	6:00	BR	3x50 BR Easy		5x50 BR Easy		9x50 BR Easy
	6:15	G					
	Yards			700		1500	

2150

5200

6900