

# Weekly Workout: Skills Week 5/5

11/21/2011							
		Novice		Intermediate		Advanced	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	FR	4x100 on 3:00	FR	3x200 on 3:45	FR	4x200 on 3:15
	5:00	K	2x100 IM K on 4:00	K	5x100 IM K on 3:00	K	6x100 IM K on 2:30
	5:15	FR	3x50 FR on 2:00	FR	5x100 FR on 2:00	FR	8x100 FR on 1:45
	5:30	K	<del>3x50 K on 2:00</del>	K	4x50 K IM order on 1:30	K	4x50 K IM order on 1:15
	5:45	BK	<del>3x50 BK on 2:00</del>	BK	2x200 BK on 4:30	BK	3x200 BK on 4:00
	6:00	BK	3x50 BK on 2:00	BK	4x100 BK on 2:30	BK	5x100 BK on 2:00
	6:15	SP	3x25 FRsprnt, 50 easy	SP	4x25 sprnt IM order	SP	4x50 sprnt IM order
	Yards			1025		2700	
Tues	4:30						
	6:15						
	Yards						
Wed	4:30	-		-		-	
	6:15	-		-		-	
	Yards		0		0		0
Thur	4:30						
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	FL	3x(25FLeasy,25FLhard) on 1:00 per 50	FL	4x(50FLeasy,50FLhard) on 1:45 per 50	FL	5x(50FLeasy,50FLhard) on 1:20 per 50
	5:00	K	6x50 FL/FR on 2:00	K	3x100 FL/FR on 2:45	K	5x100 FL/FR on 2:30
	5:15	FL	4x25 FL on 1:30	FL	4x50 FL on 1:45	FL	5x100 FL on 2:00
	5:30	K	<del>3x50 K on 2:00</del>	K	3x100 BR/FR on 2:45	K	5x100 BR/FR on 2:30
	5:45	BR	4x50 BR on 2:00	BR	200 BR on 4:30	BR	2x200 BR on 4:00
	6:00	BR	8x25 BR on 1:00	BR	3x50 BR on 1:30	BR	5x100 BR on 1:45
	6:15	FR	50 FR wd	FR	100 FR wd	FR	150 FR wd
	Yards		1000		1650		3050
		2025		4350		6750	