

Happy 4th of July! (1776) & 238th Birthday!



THEME: 4 on the 4th!

Schedule: WO#1 6:15-8:00, DL/Mtg 8:15-9:15, WO#2 9:30-11:00, DL/Mtg 11:15-12:00

(workout 1)

"Remember that you do not find what you do not seek". - English Proverb

1,000	1,000 EZ	500 Free 500 Choice	Lazy Morning	
700	700	<u>Fins Kick (by 50-1/3):</u> Odd FR: UW/side/HU Even Fly: UW/side/Bk	<u>Appetizers</u> Careful not to over eat!	
70	70x50 7x10x50... @55 or 1:00	5x50: IM order (build 1-4), 5 EZ choice 5x50: EZ Free, 200 Pace, EZ back, 100 pace (2/3), EZ Free (fins opt. last 3 rounds)	<u>The BBQ</u> Vegetables - IM Meat - Stroke "Sides" - Free/Back	
6	Laps	EZ - stretch out	Nap	
238 th BD!	238	Pull Outs (jump off bottom) Can break at 100	CANDLES!	

What did King George think of the American colonists? He thought they were revolting!

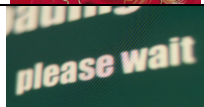


4th

of July Fireworks!

(workout 2)



4	Games	Goggle toss, etc.	Games before fireworks	
4	Hundred EZ	Free/choice	Walk to fireworks	
4	X100	Free kick desc 1-4 @ 2:15	Build up	
4	X100	Str kick desc 1- 4 @ 2:30	Build up	
4	X4x50	Fins UW@1:00: fast to 1/3, 1/2, 2/3, EZ	They take your breath away!	
4	Laps	EZ choice	Pause in the action	
4	X4x50	Fins str speed@1:00 Max 1/3, 1/2, 2/3, EZ	Intensity into Finale	
4	Relays	"3-legged race, etc"	Finale	
4	Hundred	Warm-down	Walk home	

Live a life you are proud of. In the end, your greatest fear should not be of failure, but of succeeding at things that don't matter to you.