



Orinda Aquatics



"Set a goal that you can't achieve until you grow into the person who can."

Successmessenger.com

New Year's & Resolution Workout 2020

Warm-up 3x300 (same way)

Kick & Chat 50 in between each set to discuss that resolution

Countdown: 10-1 (x 50) + 1 x 2000 stroke fins ("goes by fast") + 20 + pullouts (fireworks!)

Focus/Resolution	Set (rest 30 in between)	Notes
10. Family	10x50 Free @ 45	Build 1-5 to 80%, 6-10 to 90% -work SC, brth 3rd
9. Friends	9x50 IM @ 50	IM Roll – 400 IM Pace 3 x fly/bk, bk/br, br/fr
8. Home	8x50 stroke @ 55	Build down/under water 15m back
7. School	7x50 Back @ 45	Build 50, 6 KUW down, 8 KUW back
6. Swim – Train	6x50 Fly Kick @ 50	Fast on back SL
5. Swim – Tech	5x50 Breast @ 50	HU pull fast/swim second lap min SC
4. Swim – Team	4x50 Hypoxic @ 55	Fly no brth/Free EZ 1 brth
3. Personal - Challenge	3x50 Stroke @ 50	1 & 3 at 200 pace, 2 EZ free brth 5th
2. Personal - Growth	2x50 @ 1:00	#1 EZ choice, #2 stroke fast
1. Other	1x50 Recovery	EZ

1x2,000 Stroke Fins fast (the year always goes by FAST!) – *Fly mix, IM ok*

20 Pullouts (Fireworks) - time to celebrate!

HAPPY NEW YEAR!

**WHAT THE NEW
YEAR BRINGS TO
YOU WILL DEPEND
A GREAT DEAL ON
WHAT YOU BRING
TO THE NEW YEAR.**

Vern McLellan

GH

**YOUR MIND
WILL ALWAYS BELIEVE
EVERYTHING YOU TELL IT.
FEED IT FAITH. FEED IT TRUTH.
FEED IT WITH LOVE.**

LISA NICHOLS

"Write it on your heart that every day is the best day in the year."

Emerson quotes