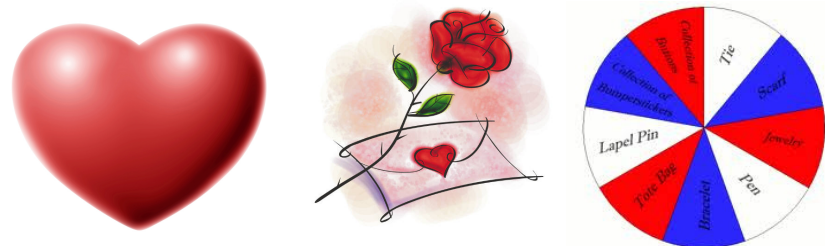


Orinda Aquatics – *Happy Valentine's Day!*

Group: Senior	Date: Feb 14	Friday	Yards: 4,500
Announcements	Workout Notes	Swimmer Notes	
	Love is the answer	Give Valentine to Jr Group	

A loving heart is the truest wisdom. Charles Dickens.

3x300 EZ	
(1) A HEART (rate) Set - Free • 6x50@ 50: 12 = 72 BPM (EZ) • 5x50@ 45: 15 = 90 BPM (Mod) • 4x50@ 40: 20 = 120 BPM (Strong) • 3x50@ 35: 25 = 150 BPM (Fast) • 2x50@ No Brth fins- max effort – max HR Break for 30 in between-check HR 10 sec x 6	
(2) A Dozen (red and white) roses! Don't feel "blue" – <u>you need 12 roses to complete the set!</u>	<u>spin wheel</u> (with red, white, and blue tabs) – a red or white (rose) = 50 stroke max fins – exhilarating!; blue = 200 w/ parachute – difficult to deal with!
(3) <u>He loves me/He loves me not</u> See set to right – kicking with or against!	<u>Kick and chat together</u> (he loves me!) or <u>kick against</u> your partner (he loves me not!) coach will designate
(4) "496" (500) EZ w/ partner (HOLD Hands) Wish everyone a Happy Valentine's Day!	Valentine's Day founded in 496 AD 