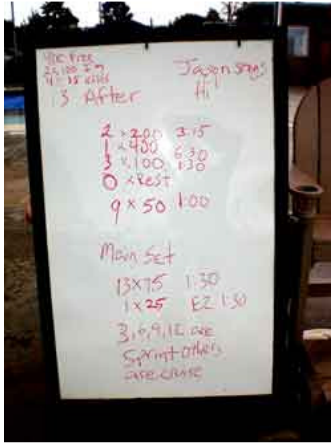


## Friday, the 13th

Calendar year 2009 contains three months that contain a "Friday, the 13th": February, March, and November. In keeping with his tradition of date-appropriate workouts, Coach Ray Laughlin, delighted the Master Marlins with a very special workout on Friday, February 13, 2009.



In case you can't make out the picture of the work-out board on the left, here's some of what it says:

Starting at 13 After:                      Jason says Hi

- 2 – 200's on 3:15
- 1 – 400 on 6:30
- 3 – 100's on 1:30
- 0 – Rest
- 9 – 50's on 1:00

Main Set:

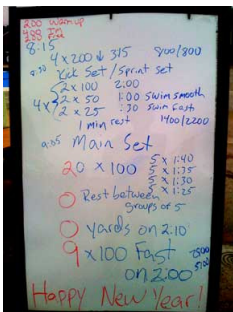
- 13 – 75's on 1:30
- 1 – 25 EZ on 1:30

Reading the "Starting at 13 After" set across (rather than down) here's part of what you get:

"2 – 13 – 09"

...which of course was the date of the workout. The "Main Set" was simply "13" – 75's (plus one extra 25 meter lap to get you back to the starting-end of the pool).

The "Jason says Hi" undoubtedly refers to the Jason Voorhees character in the 1980 horror-classic movie, "Friday, the Thirteenth". Very clever, Coach! Okay, Ray, you've got two more "Friday, the Thirteenth" workouts to plan for this year. How are you going to top this one?



To the left is a picture of the workout board from our New Years Day 2009 "NO EXCUSES" practice at Joinville Pool. As you can see, it included: 20 – 100's, 0 – Rest between groups, 0 – Yards on 2:10, and 9 – 100's Fast on 2:00. "2 – 0 – 0 – 9" (shown in red).

Recently, when one of our Marlins turned age 60, we were all "treated" to a workout consisting of 60 – fifties (on the minute). No time for even a warm-up that day!

On September 16, 2009, our very own and dear Marlin / World Record Holder and Champion, Audrey Etienne, turns 93. I think I'll skip Ray's workout that day!