



To give anything less than **your best**, is to sacrifice the gift.
 -Steve Prefontaine, 1972 Olympic runner



Monday, February 15, 2010

Advanced

total	set total	Yards	Discipline	Energy System	Interval	100 Pace	Start Time
1600	1600	4 x 400	skip	rec	7:45	1:56	5:30
2050	450	6 x 75	free: Breathing pattern 5/3/7 by 25	white	1:30	2:00	6:02
3250	1200	3 x 400	free aerobic, PERFECT STK		6:00	1:30	6:12
3500	250	1 x 250	warm down	rec	3:30	1:24	6:31
		3500	scy			1 hrs 06 min	Finished 6:36



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Intermediate

total	set total	Yards	Discipline	Energy System	Interval	100 Pace	Start Time
1200	1200	4 x 300	skip	rec	6:30	2:10	5:30
1500	300	4 x 75	free: Breathing pattern 5/3/5 by 25	white	1:30	2:00	5:57
2300	800	4 x 200	free 1-2 build (get faster within the 200), 3-4 FAST!	RED	4:00	2:00	6:04
2900	600	6 x 100	1ST 25 non free, middle 50 perfect stk, last 25 FAST!	PINK	1:45	1:45	6:21
3100	200	1 x 200	warm down	rec	3:30	1:45	6:33
		3100	scy			1 hrs 07 min	Finished 6:37



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Beginner

total	set total	Yards	Discipline	Energy System	Interval	100 Pace	Start Time
500	500	5 x 100	skips	rec	2:30	2:30	5:30
700	200	4 x 50	free: Breathing pattern 3/5 by 25	white	1:30	3:00	5:44
1300	600	3 x 200	free 1-2 build (get faster within the 200), 3-4 FAST!	RED	5:00	2:30	5:51
1600	300	6 x 50	kick	PINK	1:45	3:30	6:07
1700	100	1 x 100	ez	rec	2:00	2:00	6:18
2000	300	4 x 75	25 non free, 25 perfect stk, 25 fast	red	1:45	2:20	6:21
2200	200	1 x 200	warm down	rec	3:30	1:45	6:29
		2200	scy			1 hrs 04 min	Finished 6:34