"Champions aren't made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will**. But the will must be stronger than the skil**l." – Muhammad Ali

Sunday, February 21, 2010

Advanced

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
1200	1200		4 x	300	skip	rec	5:45	5:30
1500	300		6 x	50	1-3 w/ fists 4-6 perfect swim FOREARMS!!!	white	:50	5:54
3300	1800		3 x	600	descend	pink	9:00	6:00
3400	100		4 x	25	sprint	blue	:40	6:28
3600	200		1 x	200	Warm down	rec	3:30	6:32
Total	3600							6:36

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Intermediate

Total	set	ser.	rep	distance	Work		Interval	Start Time
800	800		4 x	200	skip	rec	4:00	5:30
1100	300		6 x	50	1-3 w/ fists 4-6 perfect stk swim!!!	white	1:00	5:47
2100	1000		5 x	200	free 1-3 pull 4-5 swim (no buoy)	pink	3:30	5:54
2800	700		14 x	50	kick	red	1:15	6:13
3000	200		1 x	200	Warm down	rec	3:30	6:31
Total	3000							6:36

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Beginner

					Work		Interval	Start Time
600	600		3 x	200	skp	rec	5:00	5:30
800	200		4 x	50	1-2 w/ fists 3-4 swim, FOCUS ON FOREARM PULL!!	white	1:20	5:46
1550	750		6 x	125	free descend 1-3/4-6	red	2:30	5:52
1700	150		6 x	25	fast swim!!!!!!!	blue	:45	6:08
2200	500		10 x	50	kick	red	1:30	6:14
2300	100		1 x	100	Warm down	rec	2:00	6:30
Total	2300							6:33