"There is advantage in the wisdom won from pain" -- Aeschylus

Monday, March 1, 2010
Advanced

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
1200	1200		4 x	300	skis w/ fins	rec	4:45	5:30
3800	2600		26 x	100	swim free (for extra challenge try: 2 free 1 IM, fly/back/fr/fr)	pink	1:25	5:50
4000	200		1 x	200	warm down	rec	3:30	6:29
Total	4000							6:33

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Friday, February 26, 2010
Intermediate

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
800	800		4 x	200	skip	rec	4:00	5:30
1000	200		4 x	50	breathing pattern 3/5	white	1:10	5:47
1800	800		8 x	100	1-4 w/ fists 5-8 perfect swim descend to fast	pink	2:00	5:53
2700	900		12 x	75	2 fast 1 ez, may go right into ez after 2nd fast one	red	1:30	6:10
2900	200		1 x	200	Warm down	rec	3:30	6:29
Total	2900							6:33

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Friday, February 26, 2010
Beginner

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
800	800		4 x	200	skip	rec	5:00	5:30
1000	200		4 x	50	breathing pattern 3/5	white	1:30	5:51
1600	600		8 x	75	1-4 w/ fists 5-8 perfect swim BE STRONG!!	pink	2:00	5:58
2000	400		8 x	50	25 streamline kick on back 25 swim choice FAST	red	1:30	6:15
2100	100		1 x	100	Warm down	rec	2:00	6:28
Total	2100							6:31