"Suffering is the sole origin of consciousness."
Dostoyefsky

Monday, March 08, 2010
Advanced

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
1200	1200		4 x	300	skip	rec	5:45	5:30
1600	400		8 x	50	1-4 w/ fists 5-8 swim	white	1:00	5:54
1700	100	1 x{	1 x	100 }	free	red	1:30	6:03
1900	200		1 x	200 }	free	blue	2:50	6:06
2200	300		1 x	300 }	free		4:15	6:09
2600	400		1 x	400 }	free		5:40	6:15
2900	300		1 x	300 }	free		4:15	6:21
3100	200		1 x	200 }	free		2:50	6:27
3200	100		1 x	100 }	free		1:25	6:30
3400	200		1 x	200	warm down	rec	3:30	6:33
Total	3400							6:37

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Monday, March 08, 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		8 x	25	1-4 w/ fists 5-8 swim	white	:40	5:47
1100	100	1 x{	1 x	100 }	free	white	1:45	5:53
1300	200		1 x	200 }	free	pink	3:45	5:56
1600	300		1 x	300 }	free	red	5:15	6:01
2000	400		1 x	400 }	free	red	7:00	6:07
2300	300		1 x	300 }	free	red	5:15	6:15
2500	200		1 x	200 }	free	red	3:45	6:21
2600	100		1 x	100 }	free	red	1:45	6:26
2800	200		1 x	200	Warm down	rec	3:30	6:29
Total	2800							6:33

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Monday, March 08, 2010
Beginner

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
800	800		4 x	200	skip	rec	5:00	5:30
1100	300		6 x	50	1-3 w/ fists 4-6 swim	white	1:30	5:51
1200	100	1 x{	1 x	100 }	free	white	2:15	6:01
1400	200		1 x	200 }	free	pink	4:30	6:04
1700	300		1 x	300 }	free	red	6:30	6:10
1900	200		1 x	200 }	free	red	4:30	6:17
2000	100		1 x	100 }	free	red	2:15	6:23
2100	100		4 x	25	sprint	blue	:45	6:26
2200	100		1 x	100	Warm down	rec	2:00	6:30
Total	2200							6:33