The day you take complete responsibility for yourself, the day you stop making any excuses, thats the day you start to the top.

Wednesday, March 17, 2010
Advanced

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
1200	1200		4 x	300	skip	rec	5:45	5:30
1650	450		6 x	75	5/3/5 breathing pattern	white	1:20	5:54
1950	300		12 x	25	sprint swim w/ bucket	blue	:40	6:03
2250	300		12 x	25	sprint swim w/ fins	blue	:40	6:12
2850	600		6 x	100	pull descend 1-3/4-6	red	1:30	6:21
3000	150		1 x	150	warm down	rec	3:30	6:31
Total	3000							6:36

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Wednesday, March 17, 2010
Intermediate

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
800	800		4 x	200	skip	rec	4:00	5:30
1200	400		8 x	50	1-4 w/ fists, 5-8 swim FOCUS ON FOREARM PULL	white	1:00	5:47
2400	1200		4 x	300	free NO PULL BUOY :)	pink	5:30	5:56
2800	400		4 x	100	pull descend to fast	red	1:50	6:19
2900	100		4 x	25	fast	blue	:40	6:27
3100	200		1 x	200	Warm down	rec	3:30	6:31
Total	3100							6:36

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Wednesday, March 17, 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		8 x	25	1-4 w/ fists, 5-8 swim FOCUS ON FOREARM PULL	white	:45	5:51
1800	800		4 x	200	free swim NO PULL BUOY	pink	4:30	5:58
2200	400		4 x	100	swim 50 build, 50 fast	red	2:15	6:17
2300	100		1 x	100	Warm down	rec	2:00	6:27
Total	2300							6:30