I do not know anyone who has gotten to the top without hard work. That is the recipe. It will not always get you to the top, but it will get you pretty near.
~ Margaret Thatcher

Monday, March 22, 2010
Advanced

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
1600	1600		4 x	400	skip	rec	7:45	5:30
2000	400		8 x	50	1-4 w/ fists 5-8 perfect swim	white	1:00	6:02
3200	1200		3 x	400	swim MAX 1 WITH PULL BUOY	white	6:00	6:11
3400	200		1 x	200	warm down	rec	3:30	6:30
Total	3400							6:35

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~ Margaret Thatcher

Monday, March 22, 2010
Intermediate

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
1200	1200		4 x	300	skip	rec	6:30	5:30
1600	400		8 x	50	1-4 w/ fists 5-8 perfect swim	white	1:10	5:57
2800	1200		4 x	300	swim MAX 1 WITH PULL BUOY	white	5:30	6:07
3000	200		1 x	200	Warm down	rec	3:30	6:30
Total	3000							6:35

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~ Margaret Thatcher

Monday, March 22, 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 perfect swim	white	1:20	5:51
2300	1200		6 x	200	1-3 w/ pull buoy, 4-6 normal swim	white	5:00	6:00
2400	100		1 x	100	Warm down	rec	2:00	6:31
Total	2400							6:34