To give anything less than your best, is to sacrifice the gift.
-Steve Prefontaine, American Record Holder, track

Friday, April 02, 2010
Advanced

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
1200	1200		4 x	300	skip	rec	6:00	5:30
1400	200		4 x	50	o/u	white	:50	5:55
1800	400	1 x{	1 x	400 }	pull	white	5:30	5:59
2400	600		2 x	300 }	swim	pink	4:15	6:06
3000	600		3 x	200 }	pull	red	2:40	6:15
3400	400		4 x	100 }	swim	blue	1:20	6:24
3600	200		1 x	200	warm down	rec	3:30	6:31
Total	3600							6:35

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Friday, April 02, 2010
Intermediate

Total	set	ser.	rep	distance	Work	Effort	Interval	Start Time
800	800		4 x	200	skip	rec	4:30	5:30
1200	400		8 x	50	1-4 w/ fists 5-8 perfect swim	white	1:10	5:49
2200	1000		5 x	200	free	pink	4:00	5:59
2600	400		8 x	50	free bp 3	red	1:00	6:20
2800	200		1 x	200	Warm down	rec	3:30	6:29
Total	2800							6:34

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-Steve Prefontaine, American Record Holder, track

Friday, April 02, 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
2000	900		3 x	300	free descend	red	6:30	6:00
2300	300		6 x	50	bp 3 descend 1-3/4-6	red	1:15	6:21
2400	100		1 x	100	Warm down	rec	2:00	6:29
Total	2400							6:32