It is a rough road that leads to the heights of greatness.

Tuesday, April 20, 2010

group 3

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	25 streamline kick on back, 25 swim	white	1:00	5:54
2000	400	1 x{	1 x	400. }	free	white	6:00	6:03
2400	400		2 x	200. }	swim (jenni, #1 IM, #2 free	pink	3:00	6:10
2700	300		3 x	100. }	swim	red	1:30	6:17
2900	200		4 x	50. }	swim (Jenni, IM order)	blue	:45	6:23
3050	150		6 x	25. }	sprint	blue	:45	6:27
3250	200		1 x	200	warm down	rec	3:30	6:32
Total	3250							6:37

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group 2

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	25 streamline kick on back, 25 swim	white	1:15	5:49
1500	300	1 x{	1 x	300. }	free	white	5:15	6:00
1900	400		2 x	200. }	swim (jenni, #1 IM, #2 free	pink	3:30	6:06
2200	300		3 x	100. }	swim	red	1:45	6:14
2400	200		4 x	50. }	swim (Jenni, IM order)	blue	:50	6:21
2550	150		6 x	25. }	sprint	blue	:45	6:25
2700	150		1 x	150	warm down	rec	3:30	6:30
Total	2700							6:35

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group 1

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	25 kick on back, 25 swim	white	1:20	5:51
1200	200	1 x{	1 x	200. }	swim	white	4:30	5:57
1500	300		2 x	150. }	swim	pink	3:20	6:03
1800	300		3 x	100. }	swim	red	2:15	6:11
2100	300		4 x	75. }	swim	blue	1:40	6:18
2200	100		1 x	100	Warm down	rec	2:30	6:26
Total	2200							6:29