

From: Galen Rupp
Sent: Wednesday, February 16, 2011 7:35 AM
To: Salazar, Alberto
Subject: Re: Wednesday workout

You went all Shawshank Redemption on that book and nasal spray. I loved it!!!

On Wed, Feb 16, 2011 at 5:16 AM, Salazar, Alberto

wrote:

Sent from my iPad

Begin forwarded message:

From:
Date: February 15, 2011 9:04:55 PM PST
To: Galen Rupp

, Steve Magness

Subject: Wednesday workout

Hi Galen, this is the workout for tomorrow:

5x800/300. 2:17,46,2:15,45,2:12,44,2:09,43,2:06,42, then 2x70 meters at 90 percent. -Alberto

Sent from my iPad