

Hi ANCMs,

Here's Friday workout #6. The main set is free, but it obviously can be modified for those who prefer stroke.

Hope you enjoy!
Cathy

Warmup on own for 10 minutes

Warmup set - 400

4 x 50 - drill/swim (mix up your strokes)

4 x 50 - distance per stroke. Count your strokes. Reduce them for each 50.

Main set - 1,600

400 free - strong and steady

2 x 200 free - Faster than your 400 pace. 15 secs rest between them

400 free - strong and steady

4 x 100 free - Faster than your 400 and 200 pace. 10 secs rest between them

If you have time or would rather do this set than stroke: Another 400 free

Note: Add up your time for your 2x200 and 4x100. Both should be faster than your 400s.

50 easy

Stroke/kick set - 600 (do this set twice, 3x if you have time)

3 x 50 of one stroke. Your choice of strokes

3 x 50 kick choice

3 x 50 of a different stroke.

3 x 50 kick of a different choice

Cooldown

Total: 2,650 plus your warmup and cool down