

Hi ANCMs,

Here's Friday workout #7. The main set is what a couple of us did the other night at Rockville.

Hope you enjoy!
Cathy

Warmup on own for 10 minutes

Warmup set - 300

6 x 50 - drill/swim by 25. Whatever drill you do, you should try to focus on it in your swim on the way back.

Main set - 2,000

4 x 200 free

4 x 150 - 50 free/50 stroke/50 free

4 x 100 IM

4 x 50 kick

We did these all strong and steady on intervals that gave us 20-30 seconds rest on the 200s, 15-20 seconds on the 150s and 100s, and 10 seconds for the kicks, but you could easily descend them each (1-4) instead.

Cooldown

Total: 2,300 plus your warmup and cool down