

Hi ANCMs,

Sorry I'm late, but here's Friday workout #8.

For the main set, the structure is 1 x 200, followed by 4 x 50. But I've set them up in a couple of ways, so they won't get boring.

Hope you enjoy!

Cathy

Warmup on own for 10 minutes

Warmup set - 500

4 x 75 — kick/drill/swim

4 x 50 — build (to prepare you to start off with a hard 200 free in the main set)

Main set - 1,600

Four times: 200 + (4x50)

1st time — 200 free is fast. 4 x 50 free are easier.

2nd time — The 200 free is easier. 4 x 50 free are fast.

3rd time — 200 IM or stroke is fast. 4 x 50 stroke, easier.

4th time — 200 IM or stroke are easier. 4 x 50 stroke are fast.

50 easy

Kick set - 400

8 x 50 kick

Odds - hard

Evens- easy

Do two (or one set) of hard/easy of each stroke

Cooldown

Total: 2,550 plus your warmup and cool down