

Hi ANCMs,

Here's Friday workout #5.

Tonight I'm offering up two sets of Leon's that I really enjoy swimming. First, is a set that Leon gives us for warmup, but I like to use as a main set on Fridays. I also have included the distance free version of the set, which my Friday night distance swimmers seem to really like. You could also do it with different strokes, but it doesn't work as well.

The other is a stroke set that I really, really like.

Hope you enjoy!

Cathy

Warmup on own for 10 minutes

Warmup set - 500

4 z 75 kick/drill/swim

4 x 50 build

Main set - 1,000

20 x 50 free

1 50 hard/1 50 easy

2 50s hard/2 50s easy

3 50s hard/3 450s easy

4 50s hard/4 50s easy

Distance version - 1,000 free. Here's how you do it. It's easy to count, is not as easy as it looks, and goes by fast:

1 length hard/1 length easy

2 lengths hard/2 lengths easy

3 lengths hard/3 lengths easy

4 lengths hard/4 lengths easy

4 lengths hard/4 lengths easy

3 lengths hard/3 lengths easy

2 lengths hard/2 lengths easy

1 length hard/1 length easy

IM set - 700 (do this set twice, 3x if you have time)

50 fly

75 back

100 IM

75 breast

50 free

Cooldown

Total: 2,200 (plus your personal warmup and cooldown)

Bonus kick set - 300

6 x 50 kick — strong and steady
make an interval for yourself and stick to it