

Here's Friday workout #2. (Also below in a PDF)

The glory of the main set is that freestylers can do it free, stroke aficionados can do stroke or IM, or you could mix it up. Though I think it's best you do each chunk as one stroke.

You can also choose to try to descend each 1-4 or hold them all at the same steady pace.

Last, try to make each chunk faster. So you should try to go faster in your 50s than your 200s.

### **Warmup on own for 10 minutes**

#### **Warmup set - 500 (my favorite Friday night warmup set)**

4 x 75 - kick/drill/swim by 25

4 x 50 - build

#### **Main set - 2,000**

4 x 200

4 x 150

4 x 100

4 x 50

Cooldown

**Total: 2,500 (plus your personal warmup and cooldown)**

#### **Extra time bonus kick set — 300**

4 x 75 - kick (choice of kick)

Build each one, so: 25 easy, 25 medium, 25 fast(ish)