

Hi ANCMs,

Here's Friday workout #3 (also attached below). Lots of 50s this week!

Hope you enjoy!

Cathy

All workouts can be found here: [ancientmariners.org/workouts.htm](http://ancientmariners.org/workouts.htm)

**Warmup on own for 10 minutes**

**Warmup set - 600**

4 x 50 - drill/swim

4 x 50 - kick/swim

4 x 50 - build

**Main set - 1,600**

4 x

1 x 200

4 x 50

1st two times = free

2nd two times = IM/stroke

For sets #1 and #3, work the 200s. For #2 and #4, work the 50s

**50 easy**

**Kick set - 300**

6 x 50 kick

Odds - flutter

Evens - non-flutter

**Cooldown**

**Total: 2,550 (plus your personal warmup and cooldown)**