

Hi ANCMs,

Here's Friday workout #4.

I did Clay's workout (this week's) tonight. Good sets!

Tonight I'm going with an oldie but a goodie for the main set (which a couple of us did a few weeks ago). It's also easy to modify.

Hope you enjoy!

Cathy

Warmup on own for 10 minutes

Warmup set - 500

6 x 50 - drill/swim

4 x 50 build

Main set - 2,000

400 free

4 x 100 IM or stroke

300 free

3 x 100 IM or stroke

200 free

2 x 100 IM or stroke

100 free

1 x 100 IM or stroke

Cooldown

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

Bonus sprint set - 300

4 sets (one of each stroke)

3 x 25 - easy/medium/hard