

Hi ANCMs,

Here's Friday workout #14. Today's workout is pretty much split between free and stroke.

Hope you enjoy!

Cathy

Warmup on own for 10 minutes

Warmup - 300

6 x 50 - drill/swim

Mix up your drills — maybe two each of 6-beat kick, fist, catch up

And/or mix up your strokes

Main set (free) - 1000

2x

150 - medium/hard

100 - easy/medium

200 - hard

50 - easy

Stroke set - 1200

4 x (one set for each stroke)

100 IM

3 x 50 swim

1 x 50 kick

Cooldown

Total: 2,500 plus warmup and cool down