

Hi ANCMs,

Happy Labor Day weekend! Here's Friday workout #9.

The main set I would coach as free, but you could do it with any stroke or IM, but for it to be effective, it really needs to be the same stroke (or all IM).

Also, take your EZ 50s seriously, as in easy.

Hope you enjoy!
Cathy

Warmup on own for 10 minutes

Warmup - 400

4 x 50 - drill/swim

4 x 50 - build

Main set - 1,200

4 x 100 - On an Interval

50 ez

3 x 100 - Interval -5 seconds

50 ez

2 x 100 - Interval - 10 seconds (hint — you only have to make one, technically)

50 ez

1 x 100 - All out

50 ez

Stroke set - 900

3 x

100 IM

2 x 50 stroke

2 x 50 kick

Cooldown

Total: 2,500 plus your warmup and cool down