

Hi ANCMs,

Here's Friday workout #10.

The main set is a variation of one I gave a couple weeks ago...but I want everybody to experience the joy of 400 free!

Hope you enjoy!
Cathy

Warmup on own for 10 minutes

Warmup - 450

6 x 75 - kick/drill/swim

Main set - 2,000

400 free

4 x 100 IM

300 free

4 x 75 - back or breast

200 free

4 x 50 - back or breast (the one you didn't do before)

100 free

4 x 25 - fly

50 ez

If you have time:

Kick set - 300

4 x

50 moderate

25 fast

Cooldown

Total: 2,800 if you finish the kick set, plus warmup and cool down