

Hi ANCMs,

Here's Friday workout #12.

Hope you enjoy!

Cathy

Warmup on own for 10 minutes

Warmup - 650

3 x (3 x 50)

1 - kick/swim

2 - drill/swim

3 - build

1st time — free

2nd time — a non-free stroke

3rd time — a different non-free stroke

4 x 50 - distance per stroke (count your strokes and lower them each 50)

Main set - 1500

4 x 125 - Free. descend 1-4

4 x 100 - IM. Descend 1-4

4 x 75 - Stroke. Descend 1-4

4 x 50 - Kick. Descend 1-4

4 x 25 - Choice. Descend 1-4

300 free stretch-out

Cooldown

Total: 2,,450 plus warmup and cool down