

Hi ANCMs,

Here's Friday workout #13.

Hope you enjoy!

Cathy

Warmup on own for 10 minutes

Warmup - 500

4 x 75 - kick/drill/swim

4 x 50 - build

Main set - 1500

Rest interval:15-20 seconds on the way up, 20-30 on the way down

75 - 25 medium/25 hard/25 medium

150 - 50 ez-medium/50 hard/50 ez-medium

225 - 75 ez-medium/75 hard/75 ez-medium

300 - 100 ez-medium/100 hard/100 ez-medium

300 - 100 hard/100 ez/100 hard

225 - 75 hard/75 ez/75 hard

150 - 50 hard/50 ez/50 hard

75 - 25 hard/25 ez/25 hard

50 ez

Stroke set - 600

2x (you may only get through one of these)

4 x 75 rolling IMs, differently:

25 fly/25 back/25 fly

25 back/25 breast/25 back

25 breast/25 free/25 breast

25 free/25 fly/25 free

Cooldown

Total: 2,650 plus warmup and cool down