

Title: Welcome to Friday

Instructions

Swim well, have fun, be happy

Simple endurance set, you need to quickly adjust your beeper between distances

The set gets more challenging as you progress

Feel free to do an additional warmup with fins before 7:15 when the set below starts

Part A Warmup = build into it

200 easy with fins
200 of your favorite FR drills

Dist.	Cumu.
400	400

Part B 3 x 1200

4 x 100 @ BTB + 2.5 sec / 25
2 x 200 @ BTB + 2 sec / 25
1 x 400 @ BTB + 1.5 sec / 25

Dist.	Cumu.
1200	1600

4 x 100 @ BTB + 2.0 sec / 25
2 x 200 @ BTB + 1.5 sec / 25
1 x 400 @ BTB + 1.0 sec / 25

Dist.	Cumu.
	1600

4 x 100 @ BTB + 1.5 sec / 25
2 x 200 @ BTB + 1.0 sec / 25
1 x 400 @ BTB + 0.5 sec / 25

Dist.	Cumu.
1200	2800

Dist.	Cumu.
1200	4000

Part D Cooldown

300 swim choice

Dist.	Cumu.
300	4300

Part G DROL (Day-off Retired Optional Late-start)

1000 swim / kick untimed
Breakfast

Dist.	Cumu.
	4300

Dist.	Cumu.
1000	5300