



Daily Workout # 1

Session Focus: **Aerobic**  
Stroke Focus: **Freestyle**

<b>Warm Up</b>		<b>900 Yards</b>			<b>14:30</b>
1	x	300	@ 3:30	Choice	Strong
1	x	200	@ 3:00	Choice	Build
1	x	100	@ 2:00	FR	Fast
2	x	50	@ 1:00	Kick	
8	x	25	@ 0:30	FLY/FR	UW Focus

<b>Main Set</b>		<b>3525 Yards</b>			<b>57:05</b>
3	x	200	@ 2:50	FR	Strong
6	x	100	@ 1:30	FR	Build Last 50
10	x	50	@ 0:50	FR	Build Last 25
1			1:00	REST	
3	x	150	@ 2:00	FR	
4	x	75	@ 1:10	FR	
8	x	25	@ 0:30	FR	3 Fast 1 EZ
1			1:00	REST	
3	x	125	@ 1:45	FR	
4	x	50	@ 0:50	FR	
8	x	25	@ 0:30	FR	3 Fast 1 EZ
1	x	100	@ 2:00	FR	Fast

<b>Warm Down</b>		<b>200 Yards</b>		<b>5:00</b>
1	x	200	@ 5:00	EZ

**Total Yards: 4625**  
**Duration: 76:35**

Log This Workout At: <https://acticswim.com>