



Daily Workout # **2**

Session Focus: **Stroke**

Stroke Focus: **IM**

Warm Up		800 Yards		13:00
1	x 200	@ 3:00	Choice	Strong
1	x 200	@ 3:00	BK	Build
2	x 50	@ 1:00	FR	Fast
1	x 200	@ 3:00	IM	Drill/Swim by 25
4	x 25	@ 0:30	IM	By 25

Main Set (Repeat 3x)		2100 Yards		53:30
3	x 50	@ 1:00	IM	Transitions (BF/BK, BK/BR, etc.)
3	x 25	@ 0:30	IM	IMO No FR
1	x 75	@ 1:20	FR	Build
3	x 25	@ 0:30	IM	IMO No FR
1	x 50	@ 1:00	FR	Fast
3	x 25	@ 0:30	IM	IMO No FR
1	x 50	@ 1:00	FR	Fast
1	x 50	@ 2:00	FR	EZ
1	x 100	@ 3:00	IM	Fast
1		2:00	REST	

Warm Down		200 Yards		5:00
1	x 200	@ 5:00		EZ

Total Yards: 3100
Duration: 71:30

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