



Daily Workout # 3

Session Focus: **Transitions & Turns**
Stroke Focus: **IM**

Warm Up

1000 Yards

19:30

1	x	300	@ 4:00	FR	strong
1	x	200	@ 3:30	Kick	streamline kick on back...no board
4	x	75	@ 1:45	IM	kick, drill, swim
4	x	50	@ 1:15	IM	drill

Kick Set

400 Yards

10:00

8	x	50	@ 1:15	Underwater Dolphin Kick w Fins
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Main Set (Repeat 5x)

1750 Yards

39:10

7	x	50	@ 0:50	IM	mid-pool transitions (BF/BF, BF/BK,BK/BK, €
1			2:00	REST	

Warm Down

300 Yards

6:00

4	x	50	@ 1:00	EZ
1	x	100	@ 2:00	EZ

Total Yards: 3450
Duration: 74:40

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