



Daily Workout # 4

Session Focus: **Aerobic**

Stroke Focus: **IM**

<https://acticswim.com>

<b>Warm Up</b>		<b>1200 Yards</b>		<b>20:30</b>
1	x 300	@ 4:00	IM	kick, drill, swim
12	x 25	@ 0:30	IM	odds str / even fast
6	x 50	@ 0:55	IM	IMO #1 ez fr / #6 ez fr
4	x 75	@ 1:15	IM	no free

<b>Main Set</b>		<b>1600 Yards</b>		<b>26:40</b>
1	x 50	@ 0:50	50 fly fast	
2	x 75	@ 1:15	25 free - 50 back	
3	x 100	@ 1:40	25 free - 50 breast - 25 free	
4	x 150	@ 2:30	50 free cruise - 50 free fast - 50 free cruise	
3	x 100	@ 1:40	25 free - 50 FLY - 25 free	
2	x 75	@ 1:15	25 free - 50 back	
1	x 50	@ 0:50	50 fly fast	

<b>Speed Work</b>		<b>600 Yards</b>		<b>12:00</b>
4	x 100	@ 2:00	IM	best avg
4	x 50	@ 1:00	IM by 50	

<b>Warm Down</b>		<b>200 Yards</b>		<b>4:00</b>
1	x 200	@ 4:00		EZ

**Total Yards: 3600**  
**Duration: 63:10**