



Daily Workout # 5

Session Focus: **Aerobic**

Stroke Focus: **IM**

<https://acticswim.com>

Warm Up			850	Yards	13:30
1	x	300	@ 4:00	IM	kick, drill, swim
1	x	200	@ 3:00	IM	IM/FR by 25
8	x	25	@ 0:30	UW	under waters to 15
2	x	75	@ 1:15	FR	
Pre-Set			200	Yards	4:20
4	x	50	@ 0:50	FR	desc 1-4
1			1:00	REST	
Main Set			1600	Yards	28:45
4	x	100	@ 1:40	IM	
4	x	50	@ 0:50	stroke	
3	x	100	@ 1:40	IM	
3	x	50	@ 0:55	stroke	
2	x	100	@ 1:40	IM	
2	x	50	@ 1:00	stroke	
1	x	100	@ 1:40	IM	
1	x	50	@ 1:00	stroke	
1	x	100	@ 3:00	ez rec	
Speed Work			800	Yards	16:00
12	x	25	@ 0:30	IMOX3	
10	x	50	@ 1:00	Alt 50 Stroke & 25 Stroke/25 Free	
Warm Down			200	Yards	4:00
1	x	200	@ 4:00	EZ	

Total Yards: 3650
Duration: 66:35