



Daily Workout # 6

Session Focus: **Speed**

Stroke Focus: **BF**

<https://acticswim.com>

Warm Up		750	Yards	12:30
1	x 200	@ 3:00	FR	str
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	build

Main Set		1500	Yards	37:00
12	x 25	@ 0:30	5 fast / 1 ez	
1	x 50	@ 1:00	ez rec	
12	x 25	@ 0:35	3 fast / 1 ez	
1	x 50	@ 1:00	ez rec	
12	x 25	@ 0:40	2 fast / 1 ez	
1	x 50	@ 1:00	ez rec	
12	x 25	@ 0:45	1 fast / 1 ez	
1	x 50	@ 1:00	ez rec	
1	x 100	@ 3:00	ez rec	

Part 2 (repeat 3x)		750	Yards	15:00
1	x 50	@ 1:00	bld to fast	
4	x 50	@ 1:00	1 fast / 1 ez	

Warm Down		200	Yards	4:00
1	x 200	@ 4:00		EZ

Total Yards: 3200
Duration: 68:30