



Daily Workout # 7

Session Focus: **Aerobic / Recovery**
Stroke Focus: **Freestyle**

Warm Up		750 Yards			12:30
1	x	200	@ 3:00	Free	Strong
1	x	200	@ 3:00	IM	IM/FR by 25
8	x	25	@ 0:30	UW	Under Water Focus
2	x	75	@ 1:15	Free	Build

Main Set		2925 Yards			48:35
6	x	100	@ 1:30	FR	Build Last 50
10	x	50	@ 0:50	FR	Build Last 25
1			1:00	REST	
3	x	150	@ 2:00	FR	
4	x	75	@ 1:10	FR	
4	x	50	@ 1:00	FR	Build 2nd 25
1			1:00	REST	
3	x	125	@ 1:45	FR	
4	x	50	@ 0:50	FR	
8	x	25	@ 0:30	FR	3 Fast 1 EZ
1	x	100	@ 2:00	FR	Fast

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

Total Yards: 3875
Duration: 66:05

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