Seven days before כהן גדול was separated from his house and taken to the ללשכת פרהדרין. This is a קבלה from קבלה from משה from הפרה Similarly, seven days before the פרה שריפת הפרה (of the שריפת הפרה), the שריפת שרה was separated from his home. This is a משה רבינו as well.

The טמא was purposely made מרה was purposely made טמא that day, and then was טובל.