

**Week 36 | Tuesday AM 5/5/26**  
**Tansley Woods**  
**Coach: Amie**  
**Group A & B**

**Warm Up**

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
400 as... 100 swim 75 FR/25 drill 75 FR/25 kick on back 75 FR/25 scull	350 as... 50 swim 75 FR/25 drill 75 FR/25 kick on back 75 FR/25 scull	300 as... 100 swim 75 FR/25 drill 75 FR/25 kick on back

**Main Set**

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
4 rounds	3-4 rounds	4 rounds
4x100 FR 1:25-1:30 + :20/:30 rest 4x50 1:00 +1:00 rest	4x100 FR 1:40/1:45/1:50 + :20/:30/:40 rest 4x50 1:05/1:10 +1:00 rest	4x100 FR 2:00-2:20 + :30/:40 rest 2x50 1:15 +1:00 rest
<b>R1 &amp; R3: 50's = IM</b> Fly/BK BK/BR BR/FR FR/Fly	<b>R1 &amp; R3: 50's = IM</b> Fly/BK BR/FR	<b>R1 &amp; R3: 50's = IM</b> Fly/BK BR/FR
<b>R2 &amp; R4: 50's = choice not FR</b>	<b>R2 &amp; R4: 50's = choice not FR</b>	<b>R2 &amp; R4: 50's = choice not FR</b>

**Cool Down**

50-200 Choice

**Week 36 | Thursday AM 5/7/26**

**Tansley Woods**

**Coach: Amie**

**Group A & B**

**Warm Up**

300 swim -75 FR/25 not FR

100/150/200 pull

6/8/10x25 kick w/ fins :30 odds: Fly evens: FR

**Main Set**

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
3 rounds	3 rounds	2 rounds
100 FR 1:45-1:50 100 -75 BK/25 BR 1:45-1:50 100 IM 1:45-1:50 6x50 FR :45-:50 + :30 rest 2x25 choice sprint :40 + rest to start on the top	100 FR 1:55-2:10 100 -75 BK/25 1:55-2:10 100 IM 1:55-2:10 4x50 FR :50-1:00 + :30 rest 2x25 choice sprint :40 + rest to start on the top	100 FR 2:15-2:30 100 -75 BK/25 BR 2:15-2:30 100 IM 2:15-2:30 6x50 FR 1:05-1:15 +:30 rest 2x25 choice sprint :45 + rest to start on top

**Cool Down**

50-200 Choice

**Week 36 | Practice 5 - Sunday 2026-05-10**  
**Centennial**  
**Coach: Iain**  
**Group A**

## **WARM UP**

**1 x 200 Swim** (choice)

**16 x 50 Kick** IM order (4 fly, 4 Bk, 4 Br, 4 Fr)  
@ 1:10 | 1:20 | 1:30

**6 x 100 Pull**      **2 Bk @** 1:50 | 2:00 | 2:10  
                         **2 Br @** 2:00 | 2:15 | 2:30  
                         **2 Fr @** 1:40 | 1:50 | 2:00

## **MAIN SET**

**Pyramid Set 50m @** 50s | 1:00 | 1:10  
                         **100m @** 1:40 | 1:50 | 2:00  
                         **200m @** 3:30 | 4:00 | 4:30  
                         **400m @** 7:00 | 7:30 | 8:00  
                         **200m @** 3:30 | 4:00 | 4:30  
                         **100m @** 1:40 | 1:50 | 2:00  
                         **50m @** 50s | 1:00

## **COOL DOWN**

**6 x 50 Swim Choice @** 1:00 - 1:30  
Swim each 50 slower until recovered

**Week 36 | Practice 5 - Sunday 2026-05-10**  
**Centennial**  
**Coach: Iain**  
**Group B**

## **WARM UP**

**1 x 200 Swim** (choice)

**16 x 50 Kick** IM order (4 fly, 4 Bk, 4 Br, 4 Fr)  
**@ 1:15 | 1:30 | 1:45**

**6 x 100 Pull 2 Bk @ 2:15 | 2:30 | 2:45**  
**2 Br @ 2:30 | 2:45 | 3:00**  
**2 Fr @ 2:00 | 2:15 | 2:30**

## **MAIN SET**

**Pyramid Set 50m @ 1:00 | 1:15 | 1:30**  
**100m @ 2:00 | 2:15 | 2:30 | 2:45 | 3:00**  
**200m @ 4:00 | 4:30 | 5:00 | 5:30 | 6:00**

**200m @ 4:00 | 4:30 | 5:00 | 5:30 | 6:00**  
**100m @ 2:00 | 2:15 | 2:30 | 2:45 | 3:00**  
**50m @ 1:00 | 1:15 | 1:30**

## **COOL DOWN**

**6 x 50 Swim Choice @ 1:00 - 1:30**  
**Swim each 50 slower until recovered**