

**Week 36 | Practice 1 - Monday 2026-05-04**

**Centennial**

**Coach: Dylan**

**Group A**

**Warm Up:**

1 x 300	:20 rest	Choice Equipment, Choice Loosen
4 x 75	:20 rest	Kick / Drill / Swim – Choice Stroke
8 x 25	:40	Descend 1 - 4

800 16mins

**Speed Set**

4 x 50 2:30 ALL OUT to 35m!

- You are getting plenty of rest, these are meant to be everything you've got!

1 x 100 EZ

300 12mins

**Aerobic Set**

16 x 100	1:30   1:35   1:40	3 at this pace, steady and make it
	1:45   1:50   1:55	IM Strong

1600 25mins

**Cool Down**

100 EZ

2700 60mins

**Week 36 | Practice 1 - Monday 2026-05-04**  
**Centennial**  
**Coach: Dylan**  
**Group B**

**Warm Up:**

1 x 300	:20 rest	Choice Equipment, Choice Loosen
4 x 75	:20 rest	Kick / Drill / Swim – Choice Stroke
8 x 25	:40	Descend 1 - 4

800 18mins

**Speed Set**

3 x 50 2:30 ALL OUT to 35m!

- You are getting plenty of rest, these are meant to be everything you've got!

1 x 100 EZ

250 12mins

**Aerobic Set**

12 x 100 1:45 | 1:55 | 2:00 | 2:10  
2:00 | 2:10 | 2:15 | 2:25

3 at this pace, steady and make it  
IM Strong

1200 25mins

**Cool Down**

100 EZ

2250 60mins