

Week 36 | Practice 4 - Thursday 2026-05-07
Centennial
Coach: Mel M & Jessey
Group A

Warm Up

1 x 400 Swim - count strokes on every 4th 25, descend stroke count each one

Stroke Choice (not FR):

10 x 50 1:10 | 1:15 | 1:20

Odds: 25 Swim (great turn) / 25 Drill

- Evens: 25 Build to best turn / 25 Strong

Set 1

5 x 100 Kick Broken - :05 - :10 rest within each 100, :20 rest between 100s:

#1 4 x 25
#2 50 + 25 + 25
#3 50 + 50
#4 75 + 25
#5 100 straight

- Lanes 5-6: 4 x 100 only - skip #5

Set 2

"Dice Roll" Sprint from a Dive - 4 Rounds, mostly non-FR. Each heat on 5 min:

- Roll 1: 25 to foot touch
- Roll 2: 35 m
- Roll 3: 50 m

Cool Down

Tandem swimming 25s - partner up by height

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Group B

Warm Up

200 - 300 Swim - count strokes on every 4th 25, descend stroke count each one

Stroke Choice (not FR):

8 x 50 1:20 | 1:30 | 1:40 Odds: 25 Swim (great turn) / 25 Drill

- Evens: 25 Build to best turn / 25 Strong

Set 1

5 x 100 Kick Broken - :05 - :10 rest within each 100, :20 rest between 100s:

- #1 4 x 25
- #2 50 + 25 + 25
- #3 50 + 50
- #4 75 + 25
- #5 100 straight
- Lanes 5-6: 4 x 100 only - skip #5

Set 2

"Dice Roll" Sprint from a Dive - 4 Rounds, mostly non-FR. Each heat on 6 min:

- Roll 1: 25 to foot touch
- Roll 2: 35 m
- Roll 3: 50 m

Cool Down

Tandem swimming 25s - partner up by height