

Week 36 | Practice 2 – Tuesday 2026-05-05

Coughlan

Coach: Dylan

Group A

Warm Up

1 x 300	:20	Choice Loosen up
3 x 100	:20	Kick w/ Fins D1-3
4 x 75	:15	Scull / Drill / Build

3 Rounds:

4 x 25	:45	1. 15m UW Kick Fast
		2. EZ
		3. Surface Push Fast 6 strokes w/ Paddles
		4. EZ

1200 26mins

Main Set

2 Rounds:

3 x 50	3:00	FAST – 100 Race Pace
3 x 100	1:50	Ascend from moderate 1–3
		Bonus rest to regroup

900 32mins

Cool Down

100	Double Arm Back / EZ free
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2100 60mins

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Group B

Warm Up

1 x 200 :20 Choice Loosen up

3 x 100 :20 Kick w/ Fins D1-3

4 x 75 :15 Scull / Drill / Build

3 Rounds:

4 x 25 :45 1. 15m UW Kick Fast

2. EZ

3. Surface Push Fast 6 strokes w/ Paddles

4. EZ

1000 28mins

Main Set

2 Rounds:

3 x 50 3:00 FAST – 100 Race Pace

3 x 100 2:10 Ascend from moderate 1–3

Bonus rest to regroup

900 32mins

Cool Down

100 Double Arm Back / EZ free

2000 60mins