Week 36 | Practice 3 - Wednesday 2026-05-06
Centennial
Coach: Jessey
Group A

Warm Up

1 x 500	SKIPS by 100

Main Set

Choose one option:

Option 1
:30 - 1:00 rest between each - record splits:

1 x 500	get split at 400
1 x 400	beat previous - get split at 300
1 x 300	beat previous - get split at 200
1 x 200	beat previous - Fast 100
1 x 100	FAST - beat your split

Option 2
Skip the SKIPS warm-up. Do Option 1 twice.

Option 3
6 x Broken 200:

1 x 100	2:00	FAST - off stroke or open turns optional
1 x 100	2:30	Choice Recovery - any equipment

After Option 1 or 3:

1 x 75	Choice swim to deep end
1 x 50	Dive - FAST for time!

- Especially for athletes who missed Wednesday or last week

1 x 25	EZ

Cool Down

100 - 150	Easy Mix Choice

Week 36 | Practice 3 - Wednesday 2026-05-06
Centennial
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Group B

Warm Up

1 x 500	SKIPS by 100

Main Set

Choose one option:

Option 1
:30 - 1:00 rest between each - record splits:

1 x 500	get split at 400
1 x 400	beat previous - get split at 300
1 x 300	beat previous - get split at 200
1 x 200	beat previous - Fast 100
1 x 100	FAST - beat your split

Option 2
Skip the SKIPS warm-up. Do Option 1 starting at 400, down to 100 - twice.

Option 3
4 x Broken 200:

1 x 100	2:00 - 2:30	FAST - open turns optional
1 x 100	3:00	Choice Recovery - any equipment

After Option 1 or 3:

1 x 75	Choice swim to deep end
1 x 25	Fast - optional

Cool Down

1 x 100	Easy Mix Choice