WEEK 10 Monday PM
Date: November 16, 2026
Pool: Centennial
Coach: Iain
Workout Focus: Aerobic 1
Group A

WARM UP
2 x 100 Easy 2:00 | 2:10 | 2:20

4 x 50 Kick IM order 1:10 | 1:15 | 1:20

Lanes 1&2	Lanes 3&4	Lanes 5&6
9x50 IM Switch on 1:00 1. Fly/BK 2. BK/BR 3. BR/FR	9x50 IM Switch on 1:05 1. Fly/BK 2. BK/BR 3. BR/FR	6x50 IM Switch on 1:10 1. Fly/BK 2. BK/BR 3. BR/FR
All done as 12.5 easy/25 FAST/12.5 easy	All done as 12.5 easy/25 FAST/12.5 easy	All done as 12.5 easy/25 FAST/12.5 easy

Easy swim until everyone is ready for 200 IM Kick Timed
16-18 min Distance: 850 | 850 | 700 | 700m

Masters November Challenge
200 IM kick for time followed by 50 easy

Main Set -Focus is on stroke efficiency while working at approximately 75% effort (10-20 sec. rest)

Group 1 -Lanes 1&2 3 Rounds:	Group 2 -Lanes 3&4 3 Rounds:	Group 3 -Lanes 5&6 3 Rounds:
200 free 3:20	200 free 3:40	200 free 4:00
2 x 100 IM 2:00	100 IM 2:10 R1: 2x100 R2: 2x100 R3: 1x100	100 IM 2:20 R1: 2x100 R2: 1x100 R3: 1x100
100 free 1:45	100 free 1:55	100 free 2:05

Cool Down -200-300 recovery

Workouts are the property of Burlington Masters Swim Club Inc. (BMSC) & are for current membership use only

WEEK 10 Monday PM
Date: November 16, 2026
Pool: Centennial
Coach: Iain
Workout Focus: Aerobic 1
Group B

WARM UP
2 x 100 2:20 | 2:30 | 2:45 (2x75)

4 x 50 Kick IM order 1:20 | 1:30 | 1:40

Lanes 1&2	Lanes 3&4	Lanes 5&6
6x50 IM Switch on 1:10 1. Fly/BK 2. BK/BR 3. BR/FR	6x50 IM Switch on 1:20 1. Fly/BK 2. BK/BR 3. BR/FR	3x50 IM Switch on 1:30 1. Fly/BK 2. BK/BR 3. BR/FR
All done as 12.5 easy/25 FAST/12.5 easy	All done as 12.5 easy/25 FAST/12.5 easy	All done as 12.5 easy/25 FAST/12.5 easy

Easy swim until everyone is ready for 200 IM Kick Timed
16-18 min Distance: 850 | 850 | 700 | 700m

Masters November Challenge
200 IM kick for time followed by 50 easy

Main Set -Focus is on stroke efficiency while working at approximately 75% effort (10-20 sec. rest)

Group 1 -Lanes 1&2 3 Rounds:	Group 2 -Lanes 3&4 3 Rounds:	Group 3 -Lanes 5&6 3 Rounds:
200 free 4:00	150 free 3:30	150 free 4:00-4:20
100 IM 2:20 R1: 2x100 R2: 1x100 R3: 1x100	1x100 IM 2:30-2:40 R1: 2x100 R2: 1x100 R3: 1x100	1x100 IM 2:50-3:00
100 free 2:05	100 free 2:15-2:20	100 free 2:30-2:40

Cool Down -100-200 recovery

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