WEEK 10 Tuesday AM
Date: November 17, 2026
Pool: Tansley Woods
Coach: Petra

Warm up

2-3 rounds: 100 swim/50 kick/50 drill

6/8/10 x 25 :45/ :40 / :35 / :30 odds free, evens non free

550-850 18 min

Main Set

Group 1	Group 2	Group 3
8x100 free 1:40 – 1:45 1- 25 @ 100 race pace / per 100 1st 100 1st 25, 2nd 100 2nd 25 and so on	7x100 free 1:50 – 1:55 1- 25 @ 100 race pace / per 100 1st 100 1st 25, 2nd 100 2nd 25 and so on	6 / 5 / 4 x100 free 2:15 – 2:30 1- 25 @ 100 race pace / per 100 1st 100 1st 25, 2nd 100 2nd 25 and so on
2 x 400 free pull (with paddles, pull buoy and bands) 6:15 3/5/3/7 breathing pattern	2 x 300 free pull (with paddles, pull buoy and bands) 6:00 3/5/3/7 breathing pattern	2 x 200 free pull (with paddles, pull buoy and bands) 4:30 / 5:00 3/5/3/7 breathing pattern
6x50 choice – keep stroke the same for each descend set descend 1-3 :55 - 1:00	6x50 choice – keep stroke the same for each descend set descend 1-3 1:05 - 1:10	6 / 3 x50 choice – keep stroke the same for each descend set descend 1-3 1:15 – 1:30
1900 32 minutes	1500 32 minutes	1300 31 minutes

Cool Down

100 choice

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