WEEK 10 Tuesday PM
Date: 2026-11-17
Pool: Centennial
Focus: Aerobic 3
Coach: Mel M

Group A

Warm Up
24 / 23 / 21 X 50
8/7/6-swim steady
16/15/14 alternating pull 50s (no paddles) with kick 50s – see below
lanes 1 & 2: 8 swim on :55, then 16 done as 4 pull on :55 4 kick on 1:05
lanes 3 & 4: 7 swim on 1:00, then 15 done as 4 pull on :1:00 4/3 kick on 1:10
lanes 5 & 6: 6 swim on 1:05, then 14 done as 4 pull on 1:05 3 kick on 1:15

Pre Set: breathing.
1. breathing method head rotates only
2. breathing placement at entry

10 X 25 everyone on :40

4 focus breathing method-focus on rotation of head. 1/2 length wrong, lift head, drop head, then last half correct.
4 focus on breathing placement. 1/2 length breathing late, breathing too early, 1/2 length correct.
2 swim with perfect breathing.

Main Set

lanes 1 & 2- 8 X 200 pull and paddles on 2:50-3:00	22:40
lanes 3 & 4 -7 X 200 pull and paddles on 3:10-3:15	22:10
lanes 5 & 6 -6 X 200 pull and paddles on 3:20-3:30	21:00

focus on pacing

Cool Down
100-200 loosen up

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Group B

Warm Up
21 X 50
6/5/4 swim steady
14/12/8 alternating pull 50s (no paddles) with kick 50s – see below
lane 1 & 2: 6 swim on 1:05, then 14 done as 4 pull on 1:05 3 kick on 1:15
lane 3 & 4: 5 swim on 1:10, then 12 done as 3 pull on 1:10 3 kick on 1:20
lane 5 & 6: 4 swim on 1:20, take 30 secs rest then do 4 pull on 1:20 30 secs rest followed by 4 kick on 1:40

Pre Set: breathing
1. breathing method: head rotates only
2. breathing placement: at entry

10 X 25 lanes 1-4 on :45

4 focus breathing method-focus on rotation of head. 1/2 length wrong, lift head, drop head, then last half correct.
4 focus on breathing placement. 1/2 length breathing late, breathing too early, 1/2 length correct.
2 swim with perfect breathing.
lanes 5 & 6 teaching opportunity for head position by 25s

Main set
lanes 1 & 2- 6 X 200 pull on 3:30-3:45
lanes 3 & 4 -5 X 200 pull on 4:00-4:15
lanes 5 & 6 -1 X 200 1 min rest, 2 X 100 on 3:00, 4 X 50 on 1:20, 4 X 25 on :50 20 m.
focus on pacing

Cool Down
100 loosen up

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