WEEK #10 Wednesday PM
Date: November 18, 2026
Pool: Centennial
Coach: Jessey
Workout Focus: Aerobic 1
Group A

Warm Up (600m ~ 12 min)

4 × 150

1. 150 Swim Choice
2. 150 as 50 Pull / 50 Scull / 50 Pull
3. 150 Kick with Fins
4. 150 as 2 × (25 Scull, 25 right arm, 25 left arm) Pull Buoy fine for Scull – choice of Free or Back

Pre-Set 1: Backstroke technique (400m ~ 12min)

8 × 25 Backstroke swim on :40 / :45 -work on body rotation

4 × 25 on :15 sec rest. This is done with a plastic cup on your forehead, filled with a little water, try to keep your head super still - and ROTATE your arms and body around your head. DON'T SPILL!

4 × 25 Backstroke swim on :40 / :45 -feel the body roll, now with a steady head

Pre-Set 2: Free technique and body position (200m ~ 5min)

4x50 Free pull 1:00/1:05/1:10/1:15

-use snorkel, band, and pull buoys (paddles optional) -focus on body and head position with great technique

MAIN SET - SWIM PYRAMID

Pace Times 1:30-1:50/100	Pace Times 1:55-2:00/100
100/200/300/400/300/200/100	100/200/300/300/200/100
Odd 100's: breathe every 3 Even 100's: breathe ever 2 or 4	Odd 100's: breathe every 3 Even 100's: breathe ever 2 or 4

Pick a Base Pace Time - Easier than you would normally do for 100's -**this should be a pace time that gives you 10- 15 sec of rest for 100 or a perceived effort of 70-75%**

Cool Down

Easy 100 Choice Swim / Kick / or Scull

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WEEK #10 Wednesday PM
Date: November 18, 2026
Pool: Centennial
Coach: Jessey
Group B

Warm Up (450m ~11min)

3 × 150

1. 150 Swim Choice
2. 150 as 50 Pull / 50 Scull / 50 Pull
3. 150 as 2 × (25 Scull, 25 right arm, 25 left arm) Pull Buoy fine for Scull – choice of Free or Back

Pre-Set 1: Backstroke technique

4-8 × 25 Backstroke swim on :45/:50 /:55 -work on rotation & count strokes flags into wall t

4 × 25 on :15 sec rest;

With a plastic cup on your forehead, filled with a little water, try to keep your head super still - and ROTATE your arms and body around your head. DON'T SPILL!

2-4 × 25 on :45/:50 /:55 Backstroke swim -feel the body roll, now with a steady head

Pre-Set 2: Free technique and body position

3-4x50 Free pull 1:15/1:20/1:30/1:40

-use snorkel, band, and pull buoys (paddles optional) -focus on body and head position with great technique

MAIN SET - SWIM PYRAMID (pull sets were completed on Tuesday PM)

Pace Times 1:50-2:20/100	Pace Times 2:30-2:45/100
100/200/300/300/200/100	100/200/300/200/100
Odd 100's: breathe every 3 Even 100's: breathe ever 2 or 4	Odd 100's: breathe every 3 Even 100's: breathe ever 2 or 4

Pick a Base Pace Time - Easier than you would normally do for 100's -**this should be a pace time that gives you 10- 15 sec of rest for 100 or a perceived effort of 70-75%**

Cool Down

Easy 50 Choice Swim / Scull / or Kick

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