WEEK 10 Thursday AM
Date: November 19, 2026
Pool: Tansley Woods
Coach: Petra

Warm-up

300 / 250 / 200 loosen up, mixing strokes.
4 × 50 as 25 IMO 12.5 drill / 12.5 swim, 25 free build to fast order 10–15 sec rest.
400 – 500 m 10 min

Kick set

6 / 5 / 4 × 50 kick 1:05 / 1:15 / 1:25 Fins for Lane 6, no breast kick

Odds — 25 fly kick on your back / 25 back kick
Evens — 25 breast kick / 25 free kick
Build the last 12.5 m of each 50 to fast
200 – 300 m 7 Minutes

Main set

Group 1	Group 2	Group 3
4/3.5 Rounds: 100 pace times: R1 – IM 1:50 – 1:55 R2 – free 1:35 – 1:40 R3 – non free 1:50 – 1:55 R4 – free 1:35 – 1:40	3 Rounds: 100 pace times: R1 – IM 2:00 – 2:10 R2 – free 1:45 – 1:55 R3 – non free 2:00 – 2:10	2 Rounds: 100 pace times: R1 – IM 2:30 – 3:45 R2 – free 2:15 – 2:30
3 x 100: 1 – smooth – good technique 2 – build to fast 3 – fast – get time	3 x 100: 1 – smooth – good technique 2 – build to fast 3 – fast – get time	3 x 100: 1 – smooth – good technique 2 – build to fast 3 – fast – get time
30 seconds rest	45 seconds rest	45 seconds rest
4 x 25 sprint :30 add up to beat #3 time from above	4 x 25 sprint :40 add up to beat #3 time from above	4 x 25 sprint :50 add up to beat #3 time from above
Up to 30 seconds rest to regroup	Up to 30 seconds rest to regroup	Up to 45 seconds rest to regroup
36-38 min	34-36 min	34 minutes

Cool down – 100 – 200 loosen up

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