WEEK 10 Thursday PM
Date: 2026-Nov-19
Pool: Centennial
Focus: Sprint
Coach: Mel M
Group A – 8:00-9:00PM

Warm-up:
100/200 swim choice
100 as 2x(25 6 kick switch FR + 25 6 kick 3 strokes FR)
100 swim – focus on technique, build by 25
100 as 2x(25 long dog + 25 ¾ Catch-up)
100 swim – focus on technique, build by 25
100 IM drill: 25 3-3-3 Fly + 25 6 kick 3 strokes BK + 25 2k 1 full stroke BR + 25 Fist FR
100 swim Non-FR or IM – focus on technique, build by 25 700-800m

Fast (5&6)	Faster (3&4)	Fastest (1&2)
3 x 50 Kick on 1:20 Fast to 15m / rest EZ 150m 4min	4 x 50 Kick on 1:10 Fast to 15m / rest EZ 200m 4min40s	5 x 50 Kick on 1:05 Fast to 15m / rest EZ 250m 5min25s

25 EZ choice to deep end 25m

Main set:
4 Rounds of 4 x 50, each round has the following 50s on 2:00: 800m 32min
1) Dive and breakout Fast to 15m, rest is easy
2) 10m build, 15m Fast to a Fast Foot Finish at wall (shallow end), 25 ez
3) Dive 25 Fast (includes Fast finish), 25 Ez
4) Start at flags in deep end, from float, go Fast to deep end wall, do a Fast turn + 15m Fast after turn, rest is easy

Lanes will be reorganized to encourage some racing, lanes 2-5 will be used for the first half of the 50 going from deep end to shallow end, then swimmers will carefully duck under the lane ropes into lanes 1or 6 and do the 2nd part of the 50 from shallow to deep which is always an easy portion.

Cool down: 125 easy choice 125m
1800-2000m

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

WEEK 10 Thursday PM
Date: 2026-Nov-19
Pool: Centennial
Focus: Sprint
Coach: Mel P
Group B – 9:00-10:00PM

Warm-up:
100/150 swim choice
100 as 2x(25 6 kick switch FR + 25 6 kick 3 strokes FR)
50/100 swim – focus on technique, build by 25
100 as 2x(25 long dog + 25 ¾ Catch-up)
50/100 swim – focus on technique, build by 25
100 IM drill: 25 3-3-3 Fly + 25 6 kick 3 strokes BK + 25 2k 1 full stroke BR + 25 Fist FR
50/100 swim Non-FR or IM – focus on technique, build by 25 550-750m

Fast (5&6)	Faster (3&4)	Fastest (1&2)
2 x 50 Kick on 1:40 Fast to 15m / rest EZ 100m 3min20s	3 x 50 Kick on 1:20 Fast to 15m / rest EZ 150m 4min	4 x 50 Kick on 1:10 Fast to 15m / rest EZ 200m 4min40s

25 EZ choice to deep end 25m

Main set:
3 Rounds of 4 x 50, each round has the following 50s on 2:30: 600m 30min
1) Dive and breakout Fast to 15m, rest is Ez
2) 10m build, 15m Fast to a Fast Foot Finish at wall (shallow end), 25 Ez
3) Dive 25 Fast (includes Fast finish), 25 Ez
4) Start at flags in deep end, from float, go Fast to deep end wall, do a Fast turn + 15m Fast after turn, rest is easy

Lanes will be reorganized to encourage some racing, lanes 2-5 will be used for the first half of the 50 going from deep end to shallow end, then swimmers will carefully duck under the lane ropes into lanes 1or 6 and do the 2nd part of the 50 from shallow to deep which is always an easy portion.

Cool down: 125 easy choice 125m
1400-1700m

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