WEEK 10 Saturday AM
Date: 2026-Nov-21
Pool: Coughlan
Focus: Aerobic 3 (1 hr practice) Endurance (longer practice option)
Coach: Mel P
Group A – 1 hour option 8:00 – 9:00 AM
Group B – 1 hour option 9:00 – 10:00 AM
Combine 90 + min option 8:00 – 9:30/10:00 AM

Warm-up:

A Group:	B Group:
250 as 225 FR + 25 Non FR	200 as 175 FR + 25 Non FR
200 as 175 Pull + 25 Scull	150 as 125 Pull + 25 Scull
150 as 125 Non FR + 25 FR	
100 as 75 Kick Choice + 25 Kick FR	100 as 75 Kick Choice + 25 Kick FR
4 x 50 as 25 FR + 25 Drill IM order	4 x 25 Drill IM order
900m	550m

Main set: paces will set depending on attendance

A Group:			B Group:		
400 Pull or Swim FR	5:30-7:30	5:30-7:30	300 Pull or Swim FR	6:00-9:00	6:00-9:00
8x50 kick Choice	1:10-1:40	9:20-13:20	6x50 kick Choice	1:30-2:30	9:00-15:00
2x200 Pull or Swim FR	2:45-3:50	5:30-7:40	2x150 Pull or Swim FR	3:00-4:30	6:00-9:00
8x50: 25 Non-FR+25 FR or all Non-FR	0:50-1:30	6:40-12:00	6x50: 25 Non-FR+25 FR or all Non-FR	1:15-2:20	7:30-14:00
4x100 Pull or Swim FR	1:30-2:00	6:00-8:00	3x100 Pull or Swim FR	1:55-2:40	5:45-8:00
STOP HERE for those swimming 1 hour 2000m		33:00-48:30	**STOP HERE for those swimming 1 hour** 1500m		34:25-55:00
200 IM or FRIM or drill/swim IM	3:00-4:30	3:00-4:30	200 IM or FRIM or drill/swim IM	4:20-5:40	4:20-5:40
4 x 50 kick Choice	1:10-1:40	4:40-6:40	3 x 50 kick Choice	1:30-2:30	4:30-7:30
2 x 100 IM or FRIM	1:45-2:45	3:30-5:30	2 x 100 IM or FRIM	2:30-3:30	5:00-7:00
4 x 50 Pull or Swim FR	0:45-1:00	3:00-4:00	3 x 50 Pull or Swim FR	1:00-1:40	3:00-5:00
8 x 25 IM	0:30-0:45	4:00-6:00	8 x 25 IM	0:45-1:00	6:00-8:00
STOP HERE for those swimming 1.5 hours 1000m		18:10-26:40	**STOP HERE for those swimming 1.5 hours** 900m		22:50-33:10
Up to 5 rounds: 4 x 100: 1-3 desc same stroke 4th easy choice	1:30-2:00 +30 sec after 4th	6:30-8:30	Up to 3 rounds: 4 x 100: 1-3 desc same stroke 4th easy choice	1:55-2:45 +30 sec after 4th	8:10-11:30
Upto 2000m		32:30-42:30	Upto 1200m		24:30-34:30

Cool down: (50 Choice + 50 Double arm backstroke) x 3 300m

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