WEEK 10 Sunday AM
Date: November 22, 2026
Pool: Centennial
Coach: Jessey and Dylan
Workout Focus: Aerobic 2 and Video
Group A

Warm Up

100 Swim

100 Kick

100 Pull

100 Choice

Stations:

Station 1	Station 2	Station 3
Video Technique with Dylan	12/15 × 50 4 or 5 Rounds of: 1 Fly/back, 2 Back/breast, 3 Breast/free Round 1 Drill 1:05 / 1:10 / 1:15 Round 2 & 4 Swim :50 / :55 / 1:00/ 1:05 Round 3 & 5 Kick 1:05 / 1:10 / 1:15	2 rounds: 4x25 :25/:30 2x50 :45/:50/:55 2x100 1:30/1:40/1:50 *round 2 slower paces may do 1x100* Working on being "Long & Strong" in the Water

Cool Down Easy 50 Choice

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WEEK 10 Sunday AM
Date: November 22, 2026
Pool: Centennial
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Workout Focus: Aerobic 2 and Video
Group B

Warm Up

100 Swim

50 Kick

100 Pull

50 Choice

Stations:

Station 1	Station 2	Station 3
Video Technique with Dylan	9 - 12 × 50 3-4 Rounds of: 1 Fly/back, 2 Back/breast, 3 Breast/free Round 1 Drill 1:15/1:20/1:30/1:40 Round 2 & 4 Swim 1:05/1:15/1:20/1:45 Round 3 Kick 1:15/1:20/1:30/1:50	2 rounds: 4x25 :30/:35/:40 2x50 :55/1:05/1:10/1:20 1-2x100 1:50/2:10/2:20/2:40 *1:50 pace 2x100 on round 1, 1x100 round 2, everyone else 1x100 both rounds* Working on being "Long & Strong" in the Water

Cool Down Easy 50 Choice

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