

Thurs PM
13-Aug-2026
Nelson
Coach: Iain & Colleen
Group A & B

WARM UP

100 each of Swim, Kick, IM, Pull, Swim (500m total)

(8 / 8 / 8 / 6 / 6) x 50 with fins– Underwater dolphin kick to 10-15m, swim
@ (1:00 / 1:05 / 1:10 / 1:15 / 1:25)

MAIN SET

CSS	Set	Pace time
1:30 Lane 7 & 8	5 x (50 Fast Ch, 150 Easy) 6 x 100 (Alternate Free / IM) 2 x (4 x 50 Build – Easy, Moderate, Fast) Focus on technique	4:00 2:00 / 2:10 1:00
1:40 Lanes 5 & 6	5 x (50 Fast Ch, 150 Easy) 4 x 100 (Alternate Free / IM) 2 x (4 x 50 Build – Easy, Moderate, Fast) Focus on technique	4:20 2:10 / 2:20 1:05
1:50 Lanes 3 & 4	5 x (50 Fast Ch, 150 Easy) 4 x 100 (Alternate Free / IM) 4 x 50 Build – Easy, Moderate, Fast - Focus on technique	4:40 2:20 / 2:30 1:10
2:00 Lanes 2	5 x (50 Fast Ch, 150 Easy) 4 x 100 (Alternate Free / IM) 4 x 50 Build – Easy, Moderate, Fast - Focus on technique	5:00 2:30 / 2:40 1:15
2:15 Lanes 1	4 x (50 Fast Ch, 150 Easy) 4 x 100 (Alternate Free / IM) 4 x 50 Build – Easy, Moderate, Fast - Focus on technique	5:30 2:45 / 2:55 1:25

COOL DOWN (Recovery)

6 x 50 Swim Choice @ 1:00 - 1:30

Swim each 50 slower until recovered