

Tues PM  
11-Aug-2026  
Nelson  
Coach: Colleen & Iain  
Group A & B

## **WARM UP**

600/400/300 - 200 Choice ,100 kick, 200 Choice, 100 Pull

6/4/2 x 50 (1 Free, 1 Non Free) work on fast break outs off the walls  
15 seconds rest

## **MAIN SET**

4 x 100 Free/choice - build from 65% effort to 80% effort

10/8/6 x 50 choice/your main stroke. Work on increasing effort during faster repeats/sprints.

Repeats

|                                             |                      |
|---------------------------------------------|----------------------|
| 1-2 25m build/25 easy                       | 10 – 15 seconds rest |
| 3-4 25 fast/25 easy (strong effort on fast) | 20 seconds rest      |
| 5-8 50 sprint/ easy by 50s                  | 30 seconds rest      |
| 9-10 25 easy/25 build to firm effort        | 20 seconds rest      |

## **COOL DOWN**

4 x 75 decreasing effort, focus on long relaxed strokes  
15 – 20 seconds rest.