

Thurs PM
03-Sept-2026
Nelson
Coach: Iain & Colleen
Group A & B

WARM UP

200 Swim

4 x 50 IM order (25 Drill, 25 Swim) @ (1:00, 1:05, 1:10, 1:15, 1:25)

8 x 50 Kick IM order (2 of each) @ (1:10, 1:15, 1:20, 1:25, 1:35)

MAIN SET

CSS	Set
1:30 Lanes 7 & 8	3 Rounds (200 IM @ 3:40, 150 Free @ 2:30, 100 IM @ 2:00, 50 Fr @ 1:00) 2 x 100 Pull @ 1:50 4 x 50 IM order @ 1:10 2 x (50 Fast, 50 Easy) Ch @ 2:00
1:40 Lanes 5 & 6	2 Rounds (200 IM @ 4:00, 150 Free @ 2:45, 100 IM @ 2:10, 50 Fr @ 1:05) 4 x 100 Pull @ 2:00 4 x 50 IM order @ 1:15 2 x (50 Fast, 50 Easy) Ch @ 2:10
1:50 Lanes 3 & 4	2 Rounds (200 IM @ 4:20, 150 Free @ 3:00, 100 IM @ 2:20, 50 Fr @ 1:10) 3 x 100 Pull @ 2:10 4 x 50 IM order @ 1:20 2 x (50 Fast, 50 Easy) Ch @ 2:20
2:00 Lane 2	2 Rounds (200 IM @ 4:40, 150 Free @ 3:15, 100 IM @ 2:30, 50 Fr @ 1:15) 2 x 100 Pull @ 2:20 4 x 50 IM order @ 1:25 2 x (50 Fast, 50 Easy) Ch @ 2:30
2:15 Lane 1	1 Round (200 IM @ 5:10, 150 Free @ 3:40, 100 IM @ 2:45, 50 Fr @ 1:25) 2 x 100 Pull @ 2:35 4 x 50 IM order @ 1:40 2 x (50 Fast, 50 Easy) Ch @ 2:45

COOL DOWN (Recovery)

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

Swim each 50 slower until recovered