

Tues PM
1-Sept-2026
Nelson
Coach: Iain & Colleen
Group A & B

WARM UP

200 Swim, 100 Kick, 100 Pull, 200 Choice (600)

MAIN SET

CSS	Set	Pace time
1:30 Lanes 7 & 8	12 x 50 (odd IM order, even Free) 6 x 100 IM (Build 100s 1-6) 100 easy Team Relay!	1:05 2:10
1:40 Lanes 5 & 6	12 x 50 (odd IM order, even Free) 6 x 100 IM (Build 100s 1-6) 100 easy Team Relay!	1:15 2:20
1:50 Lanes 3 & 4	10 x 50 (odd IM order, even Free) 5 x 100 IM (Build 100s 1-5) 100 easy Team Relay!	1:20 2:30
2:00 Lane 2	10 x 50 (odd IM order, even Free) 4 x 100 IM (Build 100s 1-4) 100 easy Team Relay!	1:30 - 1:40 2:40
2:15 Lane 1	10 x 50 (odd IM order, even Free) 3 x 100 IM (Build 100s 1-4) 100 easy Team Relay!	1:40 - 1:50 3:00

COOL DOWN (Recovery)

8 x 75 (25 Drill, 50 Swim - alt. Free/choice) @ 15 rest
cool down as time permits