



WEEK 2 Monday PM
Date: 21-Sep-2026
Pool: Centennial
Coach: Iain & Mel M
Group A

WARM UP

300 | 250 | 200 Easy Swim (choice) ~ 5 min swim

(10 | 10 | 8) x 50 Bk Drill @ 1:10 | 1:15 | 1:20

ODD - 6–12 kicks per stroke. One arm extended overhead, one arm at your side. Rotate the shoulder and hip upward while keeping the head steady and eyes looking up. Focus on controlled body rotation.

EVEN – 3R, 3L, 3 Full and repeat

(10 | 8 | 8) x 50 with Pull Buoy (25 Scull/25 Pull)

@ 1:15 | 1:20 | 1:25

Perform 2 of each scull

1) Front Scull (Arms Extended Out Front)

2) Front scull (Arms at side - Forearms Only)

3) Back Scull (Feet First)

4) Back Scull (Head First) 1300 | 1150 | 1000 ~25min

MAIN SET

3 | 3 | 2 Rounds

4 x 50 Kick @ 1:15 | 1:20 | 1:25

1 – Side Kick, 2 – Bk Kick, 3 – Fr Kick, 4 – Ch Kick

1 x 100 Fr @ 1:40 | 1:50 | 2:00

2 x 50 Bk @ 1:00 | 1:05 | 1:10 1200 | 800 | 800 ~20 -27min

COOL DOWN

6 x 50 Swim Choice @ 1:00 - 1:20

Swim each 50 slower until recovered



WEEK 2 Monday PM
Date: 21-Sep-2026
Pool: Centennial
Coach: Iain & Mel M
Group B

WARM UP

250 | 200 | 150 Easy Swim (choice) ~ 5 min swim

(8 | 8 | 6 | 6) x 50 Bk Drill @ 1:20 | 1:25 | 1:30 | 1:40

ODD - 6–12 kicks per stroke. One arm extended overhead, one arm at your side. Rotate the shoulder and hip upward while keeping the head steady and eyes looking up. Focus on controlled body rotation.

EVEN – 3R, 3L, 3 Full and repeat

(8 | 8 | 6 | 6) x 50 with Pull Buoy (25 Scull, 25 Pull)

@ 1:25 | 1:30 | 1:35 | 1:55

Perform 2 of each scull

- 1) Front Scull (Arms Extended Out Front)
- 2) Front scull (Arms at side - Forearms Only)
- 3) Back Scull (Feet First)
- 4) Back Scull (Head First) 1050 | 1000 | 800 | 750 ~20-25min

MAIN SET

2 Rounds

4 x 50 Kick @ 1:25 | 1:30 | 1:35 | 1:45

1 – Side Kick, 2 – Bk Kick, 3 – Fr Kick, 4 – Ch Kick

1 x 100 Fr @ 2:00 | 2:10 | 2:20 | 2:40

2 x 50 Bk @ 1:10 | 1:15 | 1:20 | 1:30

800 ~20 -26min

COOL DOWN

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

Swim each 50 slower until recovered