



WEEK #2 Tuesday AM
Date: September 22, 2026
Pool: Tansley Woods
Coach: Amie
Group A & B

Warm Up

200 swim choice

1-2 rounds: 4x50 1. Kick/swim 2. Swim/kick 3. Kick 4. Swim 1:05-1:10/1:10-1:15/1:20-1:30

Round 1: FR Round 2: choice

Pre-Set

Pull out review

4x25 BR kick -count your kicks :45

4x25 BR w/ dolphin kick :45 (fins for group 3)

4x25 BR w/ FR kick :45 (fins for group 3)

4x25 2K1P :45

4x25 BR swim :45

1-2x 50 BR double PO 1:05/1:15/1:30

Main Set

Group 1: 2rounds	Group 2: 2 rounds	Group 3: 1 round
25 BR/75 FR 1:45-1:50	25 BR/75 FR 2:00-2:10	25 BR/75 FR 2:30-3:00
25 FR/25 BR/50 FR 1:45-1:50	25 FR/25 BR/50 FR 2:00-2:10	25 FR/25 BR/50 FR 2:30-3:00
50 FR/25 BR/25 FR 1:45-1:50	50 FR/25 BR/25 FR 2:00-2:10	50 FR/25 BR/25 FR 2:30-3:00
75 FR/25 BR 1:45-1:50	75 FR/25 BR 2:00-2:10	75 FR/25 BR 2:30-3:00
100 BR double PO 2:00		100 BR 2:30-3:00

Cool Down

100-200 choice

2500



