



WEEK #2 Wednesday PM
Date: September 23, 2026
Pool: Centennial
Coach: Jessey & Mel P
Group A

Warm Up (600m)

200 Free/100 Kick/200 Pull/100 Choice

Activation Set (200m)

8 × 25 Kick on :40 / :45 / :50 -no fins

As 12.5m Fast, 12.5m Easy

Benchmark Set

50 FR Kick for Time -no fins, with a board

FR Drill/Swim/Pull

10 × 50 Free Drill on :10 sec Rest

- 2: 25 position 11 kick/25 swim
- 2: 6 kick switch
- 2: 6-3-6
- 2: hesitation drill
- 2: fists

4 × 50 Freestyle -perfect technique :55/1:00/1:05

3-4x200 pull 3:15/3:30/3:45

Odds: breathing every 3

Evens: 3/5/3/7 breathing pattern

Cool Down

50 - 100 Choice

TOTAL 2,200m - 2,500m with Kick for Time



WEEK #2 Wednesday PM

Date: September 23, 2026

Pool: Centennial

Coach: Jessey & Mel M

Group B

Warm Up (400m)

200 Free/50 Kick/100 Pull/50 Choice

Activation Set (200m)

8 × 25 Kick on :50 / :55 / 1:00 -try to do no fins

As 12.5m Fast, 12.5m Easy

Benchmark Set

50 FR Kick for Time -no fins, with a board

FR Drill/Swim/Pull

10 × 50 Free Drill on :10 sec rest -fins can be worn if needed

- 2: 25 position 11 kick/25 swim
- 2: 6 kick switch
- 2: 6-3-6
- 2: hesitation drill
- 2: fists

4 × 50 Freestyle -perfect technique 1:00/1:10/1:15/1:20

3x200 pull/3x150 pull/3-4x100 pull :15-20 sec. rest

Odds: breathing every 3

Evens: 3/5 breathing pattern

Cool Down

50 - 100 Choice

