



WEEK #2 Thursday AM
Date: September 24, 2026
Pool: Tansley Woods
Coach: Amie
Group A & B

Warm Up

16-20x25

8-10 swim :35/:40/:45

8-10 kick :40/:45/:50

Pre-Set

Group 1	Group 2	Group 3
25/50/75/100 pull :25/25 pace	25/50/75 pull :30/25 pace	50/100 pull :40/25 pace

Benchmark Set

50 FR kick with a board for time

Main Set

Group 1: 3.5-4 rounds	Group 2: 3 rounds	Group 3: 2-3 rounds
3x100 FR strong 1:30/1:35/1:40	3x100 FR strong 1:50/1:55/2:00	3x100 FR strong :5 sec rest
200 recovery e.g. BK/pull 4:00	200 recovery 4:15	100 recovery 20 sec. rest

Cool Down

50-200 choice

1900-2900

