

WEEK 2 Thursday PM
24-Sept-2026
Centennial
Coach: Mel P/Mel M
Group A – 8:00-9:00PM

Warm-up:

Lanes 5&6	Lane 1-4
3 x 200: 150 Choice + 50 Kick 150 Pull + 50 Scull 100 FR + 100 IM drill 600m	3 x 250: 150 Choice + 100 Kick 200 Pull + 50 Scull 150 FR + 100 IM drill 750m

Kick set:

3 x 50 kick (Fast kick is FR, rest is choice) on 1:15-1:30

1. Fast to 15m, rest EZ
2. Fast in and out of the turn
3. Last 15m Fast

Rest 1min

1 x 50 FR Fast! ~ kick for time (initial benchmark)

200m~7min

Breaststroke (BR) arms technique work:

Lanes 5&6	Lane 1-4
4x25 BR scull/mini pull on 0:55 2x75->25 BR+50 FR on 1:50 4x25 BR arms w FR Kick on 0:55 2x75->50 FR+25 BR on 1:50 4x25 BR arms w FL kick on 0:55 2x75->50 BR+25 FR on 1:50 2x25: on 0:55 Odd: Perfect BR technique Even: Fast BR 800m~24min	4x25 BR scull/mini pull on 0:50 2x100->25 BR+75 FR on 2:00 4x25 BR arms w FR Kick on 0:50 2x100->75 FR+25 BR on 2:00 4x25 BR arms w FL kick on 0:50 2x100->50 BR+50 FR on 2:00 2x25: on 0:50 Odd: Perfect BR technique Even: Fast BR 950m~24min

Fins on for some Fly (FL) leg work:

14 x 25 on :40

350m~10min

- 2 FL kick on back in streamline
- 2 FL kick on side, alternate side by 25
- 2 FL kick on front
- 2 FL kick rotation (2 kicks on back, 2 on r-side, 2 on front, 2 on l-side, repeat)
- 2 FL kick hands behind back get quick breath every 4th kick
- 2 3 right arm FL, 3 left arm FL, repeat
- 2 underwater FL kick as far as can, once need to breathe the rest is FL swim (can do 1 arm if need)

Cool down:

100 EZ

100m

Up to 2350m

WEEK 2 Thursday PM
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Group B – 9:00-10:00PM

Warm-up:

Lanes 5&6	Lane 1-4
3 x 150: 100 Choice + 50 Kick 100 Pull + 50 Scull 50 FR + 100 IM drill 450m	3 x 200: 150 Choice + 50 Kick 150 Pull + 50 Scull 100 FR + 100 IM drill 600m

Kick set:

2 x 50 kick (Fast kick is FR, rest is choice) on 1:30-1:40

1. 25 EZ/25 Fast
2. 25 Fast/25 EZ

Rest 1min

1 x 50 FR Fast! ~ kick for time (initial benchmark)

150m~6min

Breaststroke (BR) arms technique work:

Lanes 5&6	Lane 1-4
4x25 BR scull/mini pull on 1:10 1x100->25 BR+75 FR on 2:30 4x25 BR arms w FR Kick on 1:10 1x100->75FR+25 BR on 2:30 4x25 BR arms w FL kick on 1:10 1x100->50 BR+50 FR on 2:30 2x25: on 1:10 Odd: Perfect BR technique Even: Fast BR 650m~24min	4x25 BR scull/mini pull on 0:55 2x75->25 BR+50 FR on 1:50 4x25 BR arms w FR Kick on 0:55 2x75->50 FR+25 BR on 1:50 4x25 BR arms w FL kick on 0:55 2x75->50 BR+25 FR on 1:50 2x25: on 0:55 Odd: Perfect BR technique Even: Fast BR 800m~24min

Fins on for some Fly (FL) leg work:

14 x 25 on :45

350m~10.5min

- 2 FL kick on back in streamline
- 2 FL kick on side, alternate side by 25
- 2 FL kick on front
- 2 FL kick rotation (2 kicks on back, 2 on r-side, 2 on front, 2 on l-side, repeat)
- 2 FL kick hands behind back get quick breath every 4th kick
- 2 3 right arm FL, 3 left arm FL, repeat
- 2 underwater FL kick as far as can, once need to breathe the rest is FL swim (can do 1 arm if need)

Cool down:

100 EZ

100m

Up to 2000m