

**WEEK #2 Sunday AM 9:30 – 11:00 AM****Date: September 27, 2026****Pool: Centennial****Coach: Mel P., Mel M. & Amie****Group A & B****Warm Up**

Choose your own adventure! In your lane, pick which order you would like to do the sets, then choose what stroke, kick or drill you will do for each. After each 150 or 100, the lane will review which set they will do next and go on the next top.

A Group Options

100 swim/50 kick	100 kick/50 swim	100 swim/50 pull
100 pull/50 drill	100 drill/50 swim	100 swim/50 drill

B Group Options

50 swim/50 kick	50 kick/50 swim	50 swim/50 pull
50 pull/50 drill	50 drill/50 swim	50 swim/50 drill

25's Galore!

Lanes will be assigned the number of 25's based on appropriate pace times.

This is continuous. After each round of 25's go straight into the next round on the pace time. No extra rest.

A	B	C
10x25 FR on :35	8x25 FR on :40	6x25 FR on :45
4x25 BK on :40	4x25 BK on :45	4x25 BK on :50
10x25 FR on :35	8x25 FR on :40	6x25 FR on :45
4x25 BR on :40	4x25 BR on :45	4x25 BR on :50
10x25 FR on :35	8x25 FR on :40	6x25 FR on :45
4x25 BK kick on :45	4x25 BK kick on :50	4x25 BK kick on :55
10x25 FR on :35	8x25 FR on :40	6x25 FR on :45
4x25 BR kick on :45	4x25 BR kick on :50	4x25 BR kick on :55

Get to know your teammates relays!

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