

Tues PM  
 16-Jun-2026  
 Nelson  
 Coach: Iain & Colleen  
 Group A & B

## **WARM UP (~10-15 min) Focus on streamline**

**(200 / 300 / 400) Swim** (5 min plus swim)

**4 x 50 Kick @ 10 – 15 sec rest** (Alternate Breast / Free)

**4 x 50 Br @ 10 – 15 sec rest – Focus on rhythm and Br Pull Out**

## **MAIN SET (Aerobic) (~35-40 min)**

<b>Lane / CSS</b>	<b>Set</b>	<b>Pace time</b>
<b>Lane 7&amp;8 1:30 to 1:40</b>	4 x 200 Fr OR Choice* 6 x 100 Pull Fr 8 x 50 Build	3:40 - 4:00 1:50 – 2:00 1:00 - 1:10
<b>Lane 6 1:40 to 1:50</b>	4 x 200 Fr OR Choice* 5 x 100 Pull Fr 8 x 50 Build	4:00 - 4:20 2:00 – 2:10 1:05 – 1:15
<b>Lane 5 1:50 to 2:00</b>	4 x 200 Fr OR Choice* 4 x 100 Pull Fr 8 x 50 Build	4:20 - 4:40 2:10 – 2:20 1:10 – 1:20
<b>Lane 4 2:00 to 2:10</b>	6 x 100 Fr OR Choice* 4 x 100 Pull Fr 8 x 50 Build	2:20 - 2:30 2:20 – 2:30 1:15 – 1:25
<b>Lane 2 &amp; 3 2:10 to 2:20</b>	6 x 100 Fr OR Choice* 4 x 100 Pull Fr 8 x 50 Build	2:30 - 2:40 2:30 – 2:40 1:20 – 1:30
<b>Lane 1 2:20 to 2:30</b>	6 x 100 Fr OR Choice* 4 x 100 Pull Fr 8 x 50 Build	2:40 - 2:50 2:40 – 2:50 1:25 – 1:35

**\*Refer to back of page for Choice pace times**

## **COOL DOWN (Recovery) (~5-10min)**

**6 x 50 Swim Choice @ 1:00 - 1:30**

Swim each 50 slower until recovered

Tues PM  
16-Jun-2026  
Nelson  
Coach: Iain & Colleen  
Group A & B

## **Recommended paces for Choice of Stroke (Fly, Back, Breast, IM) based on Freestyle CSS Time**

<b>Choice Of Stroke</b>	<b>Time to be added to CSS</b>
<b>Fly</b>	<b>+ 10 sec per 100m</b>
<b>Back</b>	<b>+ 5 sec per 100m</b>
<b>Breast</b>	<b>+ 15 sec per 100m</b>
<b>IM</b>	<b>+ 10 sec per 100m</b>

**Example for Fly: Set is 4 x 200 Fr @ 3:40 – 4:00**

**For Fly add 10 seconds for every 100m**

**Since the set is for 200m then add 20 seconds to the pace time**

**Answer: 4 x 200 Fly @ 4:00 – 4:20**