

Thurs PM
 25-Jun-2026
 Nelson
 Coach: Iain & Colleen
 Group A & B

WARM UP (~10-15 min)

(300 / 400 / 500) Swim (5 min plus swim)

4 x 50 Kick @ 10 – 15 sec rest (Alternate Free / Non-Free)

4 x 50 Fly with fins (25 kick / 25 Drill (3R, 3L, 3 full))

@ 10 – 15 sec rest

MAIN SET (Aerobic) (~15-30 min)

CSS	Set	Pace time
1:30 to 1:40	4 x (3 x 100)	1:50 – 2:10
	Alternate Free / Non-Free per set 8 x 50 Build Choice	1:00 - 1:10
1:40 to 1:50	4 x (3 x 100)	2:00 – 2:20
	Alternate Free / Non-Free per set 8 x 50 Build	1:05 – 1:15
1:50 to 2:00	3 x (3 x 100)	2:10 – 2:30
	Alternate Free / Non-Free per set 8 x 50 Build	1:10 – 1:20
2:00 to 2:10	3 x (3 x 100)	2:20 - 2:40
	Alternate Free / Non-Free per set 8 x 50 Build	1:15 – 1:25
2:10 to 2:20	2 x (3 x 100)	2:30 - 2:50
	Alternate Free / Non-Free per set 8 x 50 Build	1:20 – 1:30
2:20 to 2:30	2 x (3 x 100)	2:40 – 3:00
	Alternate Free / Non-Free per set 8 x 50 Build	1:25 – 1:35

***Refer to back of page for Non-Free pace times**

COOL DOWN (Recovery) (~10-20min)

Turns at the other end for the pool until there is 5-10 min to go

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

Swim each 50 slower until recovered

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

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

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