



WEEK 6 Monday PM
Date: 19-Oct-2026
Pool: Centennial
Coach: Iain
Workout Focus Race Pace
Group A

WARM UP

5 | 5 | 4 x 50 Easy Swim (Choice) @ 1:00 | 1:05 | 1:10
5 | 4 | 4 x 50 Kick choice @ 1:05 | 1:10 | 1:15
6 | 5 | 4 x 50 Ch Pull @ :55 | 1:00 | 1:05 (Focus on technique and relaxed breathing)
~17 min Distance: 800 | 700 | 600m

PRE SET

1 x 100 swim build @ 1:50 | 2:00 | 2:10
6 | 5 | 4 x 50 Fr @ 50s | 55s | 1:00
-build each 50 from easy to strong and controlled
8 x 25 Fr @ 45s | 50s | 55s (~20s rest)
-Odd (12.5 - build into 200 race pace, 12.5 FAST into the wall)
-Even (12.5 - FAST out, 12.5 – shut it down and swim easy)
12-14 min Distance: 600 | 550 | 500m

MAIN SET

3 Rounds (Focus on speed and maintaining consistent stroke count throughout!)
4 x 50m Fr @ 1:15 | 1:20 | 1:25 (~30 - 45s rest)
Aim to hold 200 race pace
1 x 100m easy swim Ch @ 3:00 | 3:10 | 3:20
24-27 min Distance: 900m

COOL DOWN

200 Easy Swim Choice
Swim until recovered
5min TOTAL Distance: 2600 | 2400 | 2200m

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WARM UP

4 | 4 | 3 | 3 x 50 Easy Swim (choice) @ 1:15 | 1:20 | 1:30 | 1:35
4 | 3 | 3 | 3 x 50 Kick choice @ 1:20 | 1:25 | 1:30 | 1:40
4 | 4 | 3 | 3 x 50 Ch Pull @ 1:05 | 1:15 | 1:20 | 1:30 (Focus on technique and relaxed breathing)

~15 min Distance: 600 | 550 | 450 | 450m

PRE SET

1 x 100 swim build @ 2:20 | 2:35 | 2:50 | 3:05
5 | 4 | 4 | 3 x 50 Fr @ 1:05 | 1:10 | 1:20 | 1:30
-build each 50 from easy to strong and controlled
8 | 8 | 6 | 4 x 25 Fr @ 50s | 55s | 1:00 | 1:10
-Odd (12.5 - build into 200 race pace, 12.5 FAST into the wall)
-Even (12.5 - FAST out, 12.5 – shut it down and swim easy)

~14 min Distance: 550 | 500 | 450 | 450m

MAIN SET

2 Rounds (Focus on speed and maintaining consistent stroke count throughout!)
4 x 50m Fr @ 1:30 | 1:35 | 1:45 | 1:50 (30 - 45s rest)
Aim to hold 200 race pace
1 x 100m easy swim Ch @ 3:30 | 3:45 | 4:00 | 4:15

19-24 min Distance: 600m

COOL DOWN

150 Easy Swim Choice
Swim until recovered

5min TOTAL Distance: 2000 | 1850 | 1700 | 1650m