



WEEK 6 Tuesday PM

Date: 20-Oct-2026

Pool: Coughlan

Coach: Colleen

Workout Focus Aerobic 1 & 200 IM Timed

Group A

WARM UP

6 | 5 | 4 x 50 Easy Swim (Choice) @ 1:00 | 1:05 | 1:10

4 | 4 | 4 x 50 IM order (25 stroke / 25 Fr) @ 1:05 | 1:10 | 1:15

~12 min Distance: 450 | 400 | 350m

PRE SET

2 Rounds Br Kick (Round 1 – On back, Round 2 – On front)

2 x 50 Br Kick Moderate @ 1:10 | 1:15 | 1:20

2 x 25 Br Kick Strong @ :45 | :50 | :55

1 x 50 Br @ 1:05 | 1:10 | 1:15 11-13 min Distance: 400m

IM PRE SET

2 Rounds (Round 1 – Moderate, Round 2 – Strong)

4 x 50 @ 1:05 | 1:10 | 1:15

1. 25 Fly + 25 Back
2. 25 Back + 25 Breast
3. 25 Breast + 25 Free
4. 50 Free

8-9 min Distance: 400m

MAIN SET

4 x 25m IM order (12.5 -Fast, 12.5 Easy) @ 45s | 50s | 55s

1 x 100m easy swim Ch @ 3:00 | 3:10 | 3:20

1 x 200 IM – Timed & Recorded HOW FAST CAN YOU GO???

1 x 100m easy swim Ch @ 3:00 | 3:10 | 3:20

5 | 4 | 3 x 100 Fr @ 1:40 | 1:45 | 1:50

20-25 min Distance: 1000 | 900 | 900m

COOL DOWN

300 / 250 / 200 Easy Swim Choice - Swim until recovered

5min TOTAL Distance: 2550 | 2350 | 2150m



WEEK 6 Tuesday PM

Date: 20-Oct-2026

Pool: Coughlan

Coach: Iain

Workout Focus Aerobic 1 & 200 IM Timed

Group B

WARM UP

5 | 4 | 3 | 3 x 50 Easy Swim (Choice) @ 1:00 | 1:05 | 1:10

4 x 50 IM order (25 stroke / 25 Fr) @ 1:15 | 1:20 | 1:30 | 1:35

~12 min Distance: 450 | 400 | 350 | 350m

PRE SET

2 x 50 Br Kick Moderate @ 1:35 | 1:40 | 1:50 | 1:55

2 x 25 Br Kick Strong @ 1:00 | 1:00 | 1:05 | 1:10

1 x 50 Br @ 1:20 | 1:25 | 1:35 | 1:40 **~7 min Distance: 200m**

IM PRE SET

2 Rounds (Round 1 – Moderate, Round 2 – Strong)

4 x 50 @ ~15–25 sec rest

1. 25 Fly + 25 Back
2. 25 Back + 25 Breast
3. 25 Breast + 25 Free
4. 50 Free

10-13 min Distance: 400m

MAIN SET

4 x 25 IM order (12.5 -Fast, 12.5 Easy) @ 55s | 55s | 1:00 | 1:05

1 x 100m easy swim Ch @ 3:30 | 3:45 | 4:00 | 4:15

1 x 200 IM – Timed & Recorded HOW FAST CAN YOU GO???

1 x 100m easy swim Ch @ 3:30 | 3:45 | 4:00 | 4:15

6 | 5 | 3 | 2? x 50 Fr @ 1:05 | 1:10 | 1:20 | 1:25

20-25 min Distance: 700 | 650 | 550 | 400m

COOL DOWN

250 / 200 / 150 Easy Swim Choice - Swim until recovered

5min TOTAL Distance: 2000 | 1850 | 1700 | 1500m