



WEEK 6 Wednesday PM
Date: 2026-10-21
Pool: Centennial
Coach: Jessey
Workout Focus: Aerobic 2
Group A

Warm Up [10 min]

200 Free

100 Kick

4 × 50 Choice Swim Build on :15 sec Rest

Swimming Canada October Challenge

30-minute endurance challenge. How far can you swim in 30 minutes? Distances will be recorded and submitted.

KICK SET [10 min]

No Fins

8 × 50 Kick on 1:00 / 1:10 / 1:20

Steady - trying to keep body position and hips higher in the water

COOL DOWN

100 Pull or Scull

100 Double Arm Backstroke



WEEK 6 Wednesday PM
Date: 2026-10-21
Pool: Centennial
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Workout Focus: Aerobic 2
Group B

Warm Up [10 min]

100 Free
50 Kick - choice of Fins
4 × 50 Choice Swim Build on :15 sec Rest

Swimming Canada October Challenge

30-minute endurance challenge. How far can you swim in 30 minutes? Distances will be recorded and submitted.

KICK SET

Fins optional
6 × 50 Kick on 1:20 / 1:30 / 1:40 / 2:00
Steady pace - trying to keep body position and hips higher in the water, and not to the point of cramping

COOL DOWN

100 Pull or Scull
100 Double Arm Backstroke