

WEEK 6 Thursday PM
Date: 2026-Oct-22
Pool: Centennial
Focus: Aerobic 1
Coach: Mel P
Group A – 8:00-9:00PM



Warm-up:

Lanes 5&6	Lane 1-4
500 done as follows: (100 swim choice + 25 scull choice) x 4	600 done as follows: (125 swim choice + 25 scull choice) x 4

Set #1:

Lanes 5&6	Lanes 3&4	Lanes 1&2
1x25 FR kick 0:40/0:45 1x50 swim choice 1:10 2x25 FR kick 0:40/0:45 1x50 swim choice 1:10 3x25 FR kick 0:40/0:45 1x50 swim choice 1:10 300m~7.5-8min	1x25 FR kick 0:35/0:40 1x50 swim choice 1:05 2x25 FR kick 0:35/0:40 1x50 swim choice 1:05 3x25 FR kick 0:35/0:40 1x50 swim choice 1:05 2x25 FR kick 0:35/0:40 1x50 swim choice 1:05 400m~9-10min	1x25 FR kick 0:30/0:35 1x50 swim choice 1:00 2x25 FR kick 0:30/0:35 1x50 swim choice 1:00 3x25 FR kick 0:30/0:35 1x50 swim choice 1:00 4x25 FR kick 0:30/0:35 1x50 swim choice 1:00 450m~9-10min
1x50 kick choice 1:20/1:30 2x25 FR swim 0:40 3x50 kick choice 1:20/1:30 4x25 FR swim 0:40 350m~9.5-10min 650m~17-18min	1x50 kick choice 1:10/1:15 2x25 FR swim 0:35 3x50 kick choice 1:10/1:15 2x25 FR swim 0:35 300m~7-7.5min 700m~16-17.5min	1x50 kick choice 1:00/1:05 2x25 FR swim 0:30 3x50 kick choice 1:00/1:05 4x25 FR swim 0:30 350m~7-7.5min 800m~16-17.5min

Pre-Set #2 on 0:45: 2x25 1-1-1 (Phelps) FL (lanes 3-6 fins optional)
 2x25 BR arms w 1 FL kick (lanes 3-6 fins optional)
 2x25 2 strokes FL+ 2 strokes BR 150m~4.5min

Set #2:

Lanes 5&6	Lanes 3&4	Lanes 1&2
2 rounds of: 100 IM w drill for FL & BR on 2:15/2:20 100 IM* (work turns) on 2:10/2:15 50 choice on 1:10 100 pull on 1:50/1:55 350m~7.5-7.75min/round	2 rounds of: 100 IM w drill for FL & BR on 2:05/2:10 100 IM* (work turns) on 2:00/2:05 50 choice on 1:05 100 pull on 1:40/1:45 350m~7-7.25min/round	3 rounds of: 100 IM w drill for FL & BR on 1:55/2:00 100 IM (work turns) on 1:50/1:55 50 choice on 1:00 100 pull on 1:30/1:35 350m~6.25-6.5min/round
+ bonus 100 IM* 800m~17.25-17.75min	+ 1 st 2 100's of round 3 900m~17.75-18.5min	1050m~18.75-19.5min

*want the last 5m into wall to be good fly, so do drill for 1st 20m if needed to make that happen

Cool down:

100-200 choice 100-200m
Up to 2800m

WEEK 6 Thursday PM
Date: 2026-Oct-22
Pool: Centennial
Focus: Aerobic 1
Coach: Amie P
Group B – 9:00-10:00PM



Warm-up:

Lanes 3-6	Lane 1&2
300/400 done as follows: 300/400m (75 swim choice + 25 scull choice) x 3or4	500 done as follows: 500m (100 swim choice + 25 scull choice) x 4

Set #1:

Lanes 5&6	Lanes 3&4	Lanes 1&2
1x25 FR kick 0:50/0:55	1x25 FR kick 0:45	1x25 FR kick 0:40
1x50 swim choice 1:30	1x50 swim choice 1:10	1x50 swim choice 1:05
2x25 FR kick 0:50/0:55	2x25 FR kick 0:45	2x25 FR kick 0:40
1x50 swim choice 1:30	1x50 swim choice 1:10	1x50 swim choice 1:05
1x25 FR kick 0:50/0:55	3x25 FR kick 0:45	3x25 FR kick 0:40
1x50 swim choice 1:30	1x50 swim choice 1:10	1x50 swim choice 1:05
250m~8-8.25min	300m~8min	300m ~7.25min
1x50 kick choice 1:40	1x50 kick choice 1:25	1x50 kick choice 1:15
2x25 FR swim 0:50	2x25 FR swim 0:40	2x25 FR swim 0:35
1x50 kick choice 1:40	2x50 kick choice 1:25	3x50 kick choice 1:15
2x25 FR swim 0:50	2x25 FR swim 0:40	4x25 FR swim 0:35
200m~6.75min	250m~7min	350m~8min
650m~14.75-15min	550m~15min	650m~15.25min

Pre-Set #2: on 0:55: 4x25 1-1-1 (Phelps) FL (lanes 3-6 fins, 1&2 fins optional)
 4x25 BR arms w 1 FL kick (lanes 3-6 fins, 1&2 fins optional)
 4x25 2 strokes FL+ 2 strokes BR 300m~11min

Set #2:

Lanes 5&6	Lanes 3&4	Lanes 1&2
2 rounds of: 75 IM (no FR) drill on 2:00/2:15 100 IM* (work turns) on 2:45/2:50 25 choice on 0:50 50 pull on 1:15/1:20 250m~7-7.25min/round 500m~13.75-14.5min	2 rounds of: 75 IM (no FR) drill on 1:50/1:55 100 IM* (work turns) on 2:20/2:30 25 choice on 0:40 100 pull on 2:00/2:10 300m~7-7.25min/round 600m~13.75-14.5min	2 rounds of: 100 IM w drill for FL & BR on 2:15/2:20 100 IM* (work turns) on 2:10/2:15 50 choice on 1:10 100 pull on 1:50/1:55 350m~7.5-7.75min/round 700m~15-15.5min

*want the last 5m into wall to be good fly, so do drill for 1st 20m if needed to make that happen

Cool down:

100-200 choice

100-200m
Up to 2350m