



WEEK #6 Sunday AM
Date: October 25, 2026
Pool: Centennial
Coach: Dylan
Group A

Warm Up

250 or 300 swim as...75 FR/25 not FR

Fins on

8x25 Fly kick :40

1. Position 11
2. Right side
3. Left side
4. Streamline on back

8x25 Fly drill→swim progression :40

1. Single arm right
2. Single arm left
3. Phelps drill
4. 3 right/3 left/3 full
5. 3 perfect strokes of fly → FR swim
6. 5 perfect strokes of fly → FR swim
7. 7 perfect strokes of fly → FR swim
8. 25 full stroke fly

Main Set

Lanes 1-4	Lanes 5-6
3 Rounds: 100 FR 1:45-1:50 100 -25 Fly/75 FR 1:45-1:50 100 IM 1:45-1:50 6x50 FR :45/:50 +:30 sec. rest 2x25 Fly sprint :45 + rest to regroup and start on next top *note: all 100's are done on the same pace time. No extra rest after the 100's, straight into the 50's	3 Rounds: 100 FR 1:55-2:05 100 -25 Fly/75 FR 1:55-2:05 100 IM 1:55-2:05 4x50 FR :55 +:30 sec. rest 2x25 Fly sprint :45 + rest to regroup and start on next top *note: all 100's are done on the same pace time. No extra rest after the 100's, straight into the 50's

Cool Down

100-200 choice or social kick



WEEK #6 Sunday AM
Date: October 25, 2026
Pool: Centennial
Coach: Dylan
Group B

Warm Up

250 or 200 swim as...75 FR/25 not FR

Fins on

8x25 Fly kick :45/:50

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|----------------|-----------------------|
| 1. Position 11 | 3. Left side |
| 2. Right side | 4. Streamline on back |

8x25 Fly drill→swim progression :45/:50

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|--------------------------|---------------------------------------|
| 1. Single arm right | 5. 3 perfect strokes of fly → FR swim |
| 2. Single arm left | 6. 5 perfect strokes of fly → FR swim |
| 3. Phelps drill | 7. 7 perfect strokes of fly → FR swim |
| 4. 3 right/3 left/3 full | 8. 25 full stroke fly |

Main Set

Lanes 1-4	Lanes 5-6
2.5-3 Rounds: 100 FR 1:55-2:10 100 -25 Fly/75 FR 1:55-2:10 100 IM 1:55-2:10 4x50 FR :55 +:30 sec. rest 2x25 Fly sprint :45 + rest to regroup and start on next top *note: all 100's are done on the same pace time. No extra rest after the 100's, straight into the 50's	2-2.5 Rounds 100 FR 2:15-2:30 100 -25 Fly/75 FR 2:15-2:30 100 IM or FRIM 2:15-2:30 4-6x50 FR 1:10-1:20 +30 sec. rest 2x25 choice sprint :45 +rest to regroup and start on next top *note: all 100's are done on the same pace time. No extra rest after the 100's, straight into the 50's

Cool Down

100-200 choice or social kick