

Thurs PM
23-Jul-2026
Nelson
Coach: Iain & Colleen
Group A & B

WARM UP

100 each of Swim, Kick, IM, Pull, Swim (500m total)

6 x 50 Kick with fins @ 1:15 – Underwater dolphin kick to 10-15m, then easy side kick OR swim to the wall

MAIN SET (Develop an efficient, powerful kick that improves body position, propulsion, and endurance)

CSS	Set	Pace time
1:30 Lane 7 & 8	10x 50 Kick– Odd alternate Fr & Bk, Even- alternate Br & Fly 6 x 100 IM	1:05 2:00
1:40 Lanes 5 & 6	10x 50 Kick– Odd alternate Fr & Bk, Even- alternate Br and Fly 5 x 100 IM	1:10 2:10
1:50 Lanes 3 & 4	8x 50 Kick– Odd alternate Fr & Bk, Even- alternate Br and Fly 5 x 100 IM	1:15 2:20
2:00 Lanes 2	8x 50 Kick– Odd alternate Fr & Bk, Even- alternate Br and Fly 4 x 100 IM	1:20 2:35
2:15 Lanes 1	6x 50 Kick– Odd alternate Fr & Bk, Even- alternate Br and Fly 4 x 100 IM	1:30 2:50

50's of Turns – Start each 50 from the halfway point of the pool. Build speed into each turn, maintaining a tight streamline off the wall with fast underwater dolphin kicks (or a breaststroke pullout) before transitioning into the swim. Complete as many 50s as time allows, then begin the cool down when **5 minutes remain** in practice.

COOL DOWN (Recovery)

6 x 50 Swim Choice @ 1:00 - 1:30

Swim each 50 slower until recovered