

Tues PM
 21-Jul-2026
 Nelson
 Coach: Iain & Colleen
 Group A & B

WARM UP

(300 / 400 / 500) Swim (Reverse IM order for each 50, exclude Fly)

4 x 50 Drill @ (1:10 / 1:20 / 1:35 / 1:50)

Drills : 1) Fr – Side kick to 3 strokes of Fr, repeat

2) Fr - Fists

3) Br – Hold a 2-3 second glide after every kick

4) Bk- 4R, 4L, 4 Full

4 x 50 Pull (Bk, Br, Fr, Ch) @ (1:00 / 1:10 / 1:25 / 1:40)

MAIN SET (Developing Feel for the Water)

CSS	Set
	50 scull + 50 pull @ 10 – 15 seconds rest Use a pull buoy. Maintain continuous pressure on the water with your hands and forearms. Carry that same feel into the pull after each scull. 1) Front Scull (Arms Extended Out Front), 50 Br Pull 2) Front scull (Elbows bent, hands under shoulders – High Elbows), 50 Fr Pull 3) Back Scull (Feet First), 50 Bk Pull 4) Back Scull (Head First), 50 Fr Pull
1:30 Lane 7 & 8	Complete Each Scull + Pull Combination: 2 / 2 / 2 / 2 12 x 50 (25 Smooth / 25 Build) @ 55s 500 Fr - Focus on DPS (Aim to bring your stroke down by 1 for each 100)
1:40 Lanes 5 & 6	Complete Each Scull + Pull Combination: 2 / 2 / 2 / 2 12 x 50 (25 Smooth / 25 Build) @ 1:00 500 Fr - Focus on DPS (Aim to bring your stroke down by 1 for each 100)
1:50 Lanes 3 & 4	Complete Each Scull + Pull Combination: 2 / 2 / 2 / 1 10 x 50 (25 Smooth / 25 Build) @ 1:05 400 Fr - Focus on DPS (Aim to bring your stroke down by 1 for each 100)
2:00 Lanes 2	Complete Each Scull + Pull Combination: 2 / 2 / 1 / 1 10 x 50 (25 Smooth / 25 Build) @ 1:10 300 Fr - Focus on DPS (Aim to bring your stroke down by 1 for each 100)
2:15 Lanes 1	Complete Each Scull + Pull Combination: 2 / 2 / 1 / 1 8 x 50 (25 Smooth / 25 Build) @ 1:20 300 Fr - Focus on DPS (Aim to bring your stroke down by 1 for each 100)

COOL DOWN (Recovery)

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

Swim each 50 slower until recovered