

Swim sets for January – March 2026

H = Heidi's sets for lanes 3,4,5 & 6. (pool side copies found in the black box)
Lanes 1 & 2 sets are from the white box.

Everyone has got some drills and some endurance swimming with a few more testing sets near the end of term.

MONDAY	Lanes 3,4,5 & 6	Lanes 1 & 2		WEDNESDAY	Lanes 3,4,5 & 6	Lanes 1 & 2
	SET NUMBER	SET NAME			SET NUMBER	SET NAME
5 Jan	H1	1 tech		7 Jan	H2	2 long
12 Jan	H3	5 long		14 Jan	H4	4 tech
19 Jan	H2	10 tech		21 Jan	H3	8 long
26 Jan	H4	11 long		28 Jan	H1	13 tech
2 Feb	H5	14 tech		4 Feb	H6	17 long
9 Feb	H7	20 long		11 Feb	H8	16 tech
16 Feb	H6	19 tech		18 Feb	H5	26 long
23 Feb	H8	23 end		25 Feb	H7	22 tech
2 March	H9	25 tech		4 March	H10	26 long
9 March	H10	29 long		11 March	H9	28 tech
16 March	31 Beat the Bleep	31 Beat the Bleep		18 March	33 end	33 end
23 March	6 fast	6 fast		25 March	9 Pace	9 pace
30 March	21 threshold	21 threshold				