

## Level 3

## 2.85km

Use pace control and rest times to see how hard you can go and how well/quickly you can recover.

## Rest for the best

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 650m Freestyle</b> (1 x 50/1 x 100/1 x 200/1 x 300) 2/4/8/12- Rest 15 between	26	Easy - stretch out for warm up.
MAIN SET		
<b>8 x 100m Pull / Kick</b> 15 secs rest between 100s, 100 pull - beathing 3/5/7/3 100 kick - easy 25/hard 25	32	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
<b>10 x 100m Free/Breast/Back</b> Rest - 20 secs	40	Medium hard -Free/Breast/Back order. Rest of 20 secs between 100s
<b>2 x 100m IM</b> Fly/Back/Breast/swim order	8	Medium hard - negative split - 2nd 100 faster than first.
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out.
<b>TOTAL</b>	<b>114</b>	<b>You're the best!</b>

# Level 2

## 2.2km

**Use pace control and rest times to see how hard you can go and how well/quickly you can recover.**

### Rest for the best

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 500m Freestyle</b> (1 x 50/1 x 100/1 x 150/1 x 200) 2/4/6/8 - Rest 15 between	20	Easy - stretch out for warm up.
MAIN SET		
<b>4 x 100m Pull / Kick</b> 15 secs rest between 100s, 100 pull - beathing 3/5/7/3 100 kick - easy 25/hard 25	16	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
<b>10 x 100m Free/Breast/Back</b> Rest - 20 secs	40	Medium hard -Free/Breast/Back order. Rest of 20 secs between 100s
<b>2 x 100m IM</b> Fly/Back/Breast/swim order	8	Medium hard - negative split - 2nd 100 faster than first.
WARM DOWN		
<b>1 x 100m Any stroke</b>	4	Easy - stretch out.
<b>TOTAL</b>	<b>88</b>	<b>You're the best!</b>

## Level 1

## 1.4km

Use pace control and rest times to see how hard you can go and how well/quickly you can recover.

## Rest for the best

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 300m Freestyle</b> (1 x 50/1 x 100/1 x 150) Rest 15 between	12	Easy - stretch out for warm up.
MAIN SET		
<b>2 x 200m Pull / Kick</b> 30 secs rest between 200s, Repeat x 2 150 pull - medium, steady pace 50 kick - easy 25/hard 25	16	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
<b>3 x 200m Freestyle</b> Rests = 60/40	20	Medium hard - Varied rest times. Descend rest each 200m. Rests = 60/40
WARM DOWN		
<b>1 x 100m Any stroke</b>	4	Easy - stretch out.
<b>TOTAL</b>	<b>56</b>	<b>You're the best!</b>