

Level 3

2.8km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Free 1 x 400m - Pull, Back, Breast, Free order x 4	32	First 400m easy warm up pace. Second 400m medium, a bit more effort but concentrate on technique.
MAIN SET		
1 x 400m Free 2 x 100m Free 2 x 200m pull 4 x 50m Free 1 x 400m - Pull, Back, Breast, Free order x 4 8 x 25m Free FAST	16 8 16 8 16 8	Rest 60 On 1.40 Rest .15 On .50 Steady - Medium/hard pace On .30
WARM DOWN		
1 x 200m free - or stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	112	Crikey, I'm not even tired!

Level 2

2.2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Free 1 x 200m - Pull, Back, Breast, Free order x 2	24	First 400m easy warm up pace. Second 200m medium, a bit more effort but concentrate on technique.
MAIN SET		
1 x 200m Free 2 x 100m Free 2 x 200m pull 4 x 50m Free 1 x 200m - Pull, Back, Breast, Free order x 2 8 x 25m Free FAST	8 8 16 8 8 8	Rest 60 - medium pace On 2.00 - up tempo Rest .20 - medium pace On 1.30 - go hard! Steady - medium pace On .45 - go hard!
WARM DOWN		
1 x 200m free - or stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	88	Crikey, I'm not even tired!

Level 1

1.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Free	16	400m easy warm up pace.
MAIN SET		
4 x 50m Free	8	On set time - go hard!
1 x 100m Free	4	Easy, recovery pace
1 x 200m pull, kick order	8	Medium pace
1 x 200m Free	8	Steady - medium pace
1 x 100m - Pull, Back, Breast, Free order	4	Steady - medium pace
4 x 25m Free FAST	4	On set time - go hard!
WARM DOWN		
1 x 100m free - or stroke(s) of your choice.	4	Easy pace - stretch out and try to really extend stroke
TOTAL	56	Crikey, I'm not even tired!