

Level 3

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 800m	32	Steady warm up
MAIN SET		
2 x 200m Free	16	Medium - Rest 30
1 x 100m pull / other stroke	4	Easy
4 x 100m Free	16	Medium Hard - Rest 20
1 x 100m pull / other stroke	4	Easy
4 x 50m Free	8	Hard - Rest 15
1 x 100m pull / other stroke	4	Easy
8 x 25m Free	8	Sprint - Rest 10
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 50m pull, 50m kick order
TOTAL	100	Is that it?!

Level 2

2.0km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m	16	Steady warm up
MAIN SET		
2 x 200m Free	16	Medium - Rest 30
1 x 200m pull or other stroke	8	Easy
2 x 100m Free	16	Medium Hard - Rest 20
1 x 200m pull or other stroke	8	Easy
4 x 50m Free	8	Medium pace - Rest 15
8 x 25m Free	8	Hard - Rest 10
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 2 lengths pull, 2 lengths kick order
TOTAL	80	Is that it?!

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Free	16	Steady warm up
MAIN SET		
4 x 100m (Free 75, Breast 25) x 4	16	Steady pace - Rest 30
4 x 50m Free	8	Steady for 3, then fast for last, Rest 20 Hard as you can - Rest 15
8 x 25m Free	8	
200m (Free/Pull/Kick/Free) x 2	8	
WARM DOWN		
1 x 200m free	8	Easy pace - stretch out and try to really extend stroke
TOTAL	64	Is that it?!