

Ian special

1.35km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m breast stroke	8	Steady warm up, no stopping
MAIN SET		
200m kick Fins and board	8	Steady
50m kick Board but no fins	2	Try and get to half way in one go
300m swim drill With board and fins	12	Steady. Loose arms, roll hips, easy breathing.
50m swim No fins, no board	2	Putting it all together and giving it your best shot. Try and relax, not too slow.
200m swim drill With board and fins	8	Steady. Loose arms, roll hips, easy breathing.
150m swim Fins but no board	6	Trying for 6 x whole lengths. Loose arms, roll hips, easy breathing.
WARM DOWN		
200m breast stroke	8	Steady, no stopping
TOTAL	54	I know you want more!

Level 2

2.3km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
500m 3 x free, 1 x alt each 100m	20	Steady warm up
MAIN SET		
200m 50 each of kick, back, breast, pull	8	Easy
400m free Go fast and try to match your new 400m time	16	
200m 50 each of kick, back, breast, pull	8	Easy
300m free 3 easy, 1 fast for each 100m	12	
100m 25 each of kick, back, breast, pull	4	Easy
200m free Go fast and time it	8	
100m 25 each of kick, back, breast, pull	4	Easy
100m free Race the person in your lane	4	
WARM DOWN		
200m whatever	8	Easy
TOTAL	92	And . . . start again!

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 3 x free, 1 x alt each 100m	16	Steady warm up
MAIN SET		
200m 50 each of kick, back, breast, pull	8	Easy
400m free Go fast and try to match your new 400m time	16	
100m 25 each of kick, back, breast, pull	4	Easy
200m free Go fast and time it	8	
100m 25 each of kick, back, breast, pull	4	Easy
100m free Race the person in your lane	4	
WARM DOWN		
100m whatevs	4	Easy
TOTAL	64	And . . . start again!