

# Level 3

## 3.0km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m	16	Steady warm up
MAIN SET		
10 x 150m Free/pull order	60	Medium hard- Rest 15
1 x 200m kick/breast 100s	8	Recovery pace
4 x 100m Free	16	Medium 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
<b>TOTAL</b>	<b>120</b>	<b>I know you want more!</b>

# Level 2

## 2.3km

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 kick/breast 100s	8	Easy
4 x 100m Free	16	Medium Hard - Rest 20
1 x 200m pull	8	Easy
4 x 50m Kick/backstroke 50s	8	Medium pace - Rest 15
1 x 100m pull	4	Easy
8 x 25m Free	8	Hard out! - Rest 10
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 2 lengths pull, 2 lengths kick order
<b>TOTAL</b>	<b>92</b>	<b>I know you want more!</b>

# Level 1

## 1.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
2 x 200m Free	16	Steady warm up, 30 secs between 200s
MAIN SET		
1 x 400m Free	16	Steady pace -
2 x 50m Free	4	Up tempo, Rest 20
4 x 25m Free	4	Hard as you can - Rest 15
1 x 200m (Breast/Pull/Kick/Free x 2)	8	All medium hard pace. No rest
WARM DOWN		
1 x 200m (free or stroke of choice.)	8	Easy pace - stretch out and try to really extend stroke
<b>TOTAL</b>	<b>56</b>	<b>I know you want more!</b>