

# Level 3

# 2.75km

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 - Rest 15 between)	26	Easy - stretch out for warm up.
MAIN SET		
<b>6 x 100m Pull / Kick</b> 15 secs rest between 100s, 100 pull - breathing 3/5/7/3 100 kick - easy 25/hard 25	24	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
<b>3 x 200m Freestyle</b> Rests = 30/15 sec	24	Medium with varied rest time
<b>4 x 100m Freestyle</b> Rests = 20/15/10 sec	16	Medium hard with varied rest time
<b>3 x 100m IM</b> Fly/Back/Breast/swim order	12	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>110</b>	<b>Stronger, longer!</b>

# Level 2

## 2.3km

Goal for this programme is to manage pace - be able to swim longer at a pace you can maintain.

### Long for More - stay strong, go long

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 400m</b> 3 x Free, 1 x alt each 100	16	Easy - stretch out, slow build up.
MAIN SET		
<b>4 x 25m Freestyle</b> - 10 secs rest between 25s, then... <b>4 x 50m Freestyle</b> - 15 secs rest <b>4 x 75m Freestyle</b> - 20 secs rest <b>4 x 100m Freestyle</b> - 30 secs rest	40	Build pace with each of the distance sets - easy, med/easy, medium, hard. 45 secs rest between sets. <b>Goal-Holding technique/stroke while increasing distance. Watch the clock and don't blow up!</b>
<b>300m Freestyle - pull/kick</b>	12	Alternate 25s of pull/kick
<b>4 x 100m Medley</b> 30 secs rest	16	Medium - 1 length each of - kick, pull, Lefts & Rights, catch up.
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out. Count strokes per length and try to lower count per length.
<b>TOTAL</b>	<b>92</b>	<b>Stronger, longer!</b>

# Level 1

## 1.5km

### Long for More - stay strong, go long

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 300m Freestyle</b>	12	Easy - stretch out, slow build up.
MAIN SET		
<b>4 x 25m Freestyle</b> - 15 secs rest between 25s, then... <b>4 x 50m Freestyle</b> - 15 secs rest between 50s, then... <b>4 x 75m Freestyle</b> - 20 secs rest between 75s.	24	Build pace with each one of the four in a set - easy, med/easy, medium, hard. 1 minute rest between sets. <b>Goal-Holding technique/stroke while increasing distance. Watch the clock and don't blow up!</b>
<b>2 x 200m Freestyle drill</b> K/P/CU/Swim order, 30 secs rest	16	Medium. 1 length each of - kick, pull, catch up, swim - twice through.
WARM DOWN		
<b>200m Freestyle or other favourite stroke</b>	8	Easy - stretch out. Count strokes per length and try to lower count per length.
<b>TOTAL</b>	<b>60</b>	<b>Stronger, longer!</b>