

Level 3

2.65km

Boiler Buster!

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Freestyle 3 x Free, 1 x alt each 100	16	Easy - stretch out for warm up.
MAIN SET		
10 x 100m kick/pull/breast/pull/back/pull/ free/pull/kick/pull	40	Medium - 15 secs rest
10 x 50m Freestyle	20	Medium hard - 15 secs rest
10 x 25m Freestyle	10	Hard -10 secs rest
3 x 100m IM Fly/Back/Breast/swim order	12	Medium hard i.e. survive!
WARM DOWN		
1 x 200m Any stroke	8	Easy - stretch out.
TOTAL	106	Holiday anyone?!

Level 2

2.3km

Boiler Buster!

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Freestyle 3 x Free, 1 x alt each 100	16	Easy - stretch out for warm up.
MAIN SET		
10 x 100m 100 each of - kick/pull/breast/ pull/back/pull/free/pull/kick/pull	40	Medium - 20 secs rest
5 x 50m Freestyle	10	Medium hard - 20 secs rest
10 x 25m Freestyle	10	Hard -10 secs rest
2 x 100m IM Fly/Back/Breast/swim order	8	Medium hard i.e. survive!
WARM DOWN		
1 x 200m Any stroke	8	Easy - stretch out.
TOTAL	92	Holiday anyone?!

Level 1

1.5km

Boiler Buster!

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 300m Freestyle 3 x Free, 1 x alt each 100	12	Easy - stretch out for warm up.
MAIN SET		
4 x 75m 75 each of - kick/pull/breast/pull	12	Medium - 20 secs rest
4 x 50m Freestyle	8	Medium hard - 20 secs rest
4 x 25m Freestyle	4	Hard -15 secs rest
2 x 200m Freestyle drill K/P/CU/Swim order, 30 secs rest	16	Medium. 1 length each of - kick, pull, catch up, swim - twice through.
WARM DOWN		
1 x 200m Any stroke	8	Easy - stretch out.
TOTAL	60	Holiday anyone?!