

# Level 3

## 2.45km

### Boiler Buster!

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 400m Freestyle</b> 3 x Free, 1 x alt each 100	16	Easy - stretch out for warm up.
MAIN SET		
<b>10 x 100m</b> kick/pull/breast/pull/back/pull/ free/pull/kick/pull	40	Medium - 15 secs rest
<b>10 x 50m Freestyle</b>	20	Medium hard - 15 secs rest
<b>10 x 25m Freestyle</b>	10	Hard -10 secs rest
<b>100m IM</b> Fly/Back/Breast/swim order	4	Medium hard i.e. survive!
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out.
<b>TOTAL</b>	<b>98</b>	<b>Holiday anyone?!</b>

# Level 2

## 2km

### Boiler Buster!

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 400m Freestyle</b> 3 x Free, 1 x alt each 100	16	Easy - stretch out for warm up.
MAIN SET		
<b>10 x 100m</b> kick/pull/breast/pull/back/pull/ free/pull/kick/pull	40	Medium - 20 secs rest
<b>4 x 50m Freestyle</b>	8	Medium hard - 20 secs rest
<b>4 x 25m Freestyle</b>	4	Hard -10 secs rest
<b>100m IM</b> Fly/Back/Breast/swim order	4	Medium hard i.e. survive!
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out.
<b>TOTAL</b>	<b>80</b>	<b>Holiday anyone?!</b>

# Level 1

## 1.5km

### Boiler Buster!

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 400m Freestyle</b> 3 x Free, 1 x alt each 100	12	Easy - stretch out for warm up.
MAIN SET		
<b>4 x 75m</b> kick/pull/breast/pull	12	Medium - 20 secs rest
<b>4 x 50m Freestyle</b>	8	Medium hard - 20 secs rest
<b>4 x 25m Freestyle</b>	4	Hard -15 secs rest
<b>2 x 200m Freestyle drill</b> 50 each of kick/pull/catch up/free	16	Medium. 30 secs rest
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out.
<b>TOTAL</b>	<b>60</b>	<b>Holiday anyone?!</b>