

# Level 3

## 2.7km

### Shake it up baby!

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 500m Freestyle</b> 3 x Free, 1 x alt each 100	20	Easy - stretch out for warm up.
MAIN SET		
<b>2 x 500m Freestyle</b> No stops within the 500s. 1 min rest between each 500.	40	25 slow/25 fast 50 slow/50 fast 75 slow/75 fast 100 slow/100 fast
<b>3 x 200m Freestyle/Alt</b> 1 x free, 1 x alt each 50	24	Medium - 30 secs rest
<b>4 x 100m Freestyle</b> Free/pull/kick/free each 100	16	Medium hard - 15 secs rest
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out.
<b>TOTAL</b>	<b>108</b>	<b>Huff puff</b>

# Level 2

## 2.3km

### Mix and match

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 300m Freestyle</b> 3 x Free, 1 x alt each 100	12	Easy - stretch out for warm up.
MAIN SET		
<b>2 x 500m Freestyle</b> No stops within the 500s. 1 min rest between each 500.	40	25 slow/25 fast 50 slow/50 fast 75 slow/75 fast 100 slow/100 fast
<b>2 x 200m Freestyle/Alt</b> 1 x free, 1 x alt each 50	16	Medium - 30 secs rest
<b>4 x 100m</b> Kick/breast/back/free	16	Medium hard - 20 secs rest
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out.
<b>TOTAL</b>	<b>92</b>	<b>Oh yeah!</b>

# Level 1

## 1.5km

### Bit of everything

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 300m 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	12	Medium - 20 secs rest
<b>1 x 300m Freestyle</b>	12	25 slow/25 fast 50 slow/50 fast 75 slow/75 fast
<b>3 x 100m Freestyle drill</b> K/P/CU/Swim order, 30 secs rest	12	Medium. 1 length each of - kick, pull, catch up, swim.
<b>4 x 25m Freestyle</b> 15 secs rest between each one	4	Sprint - hard as you can!
WARM DOWN		
<b>1 x 200m Any stroke</b>	8	Easy - stretch out.
<b>TOTAL</b>	<b>60</b>	<b>Phew!</b>