

# Level 3

## 2.7km

### Go the distance

| STROKE                                       | NO. OF LENGTHS | DESCRIPTION   |
|--|----------------|---|
| MAIN SET                                     |                |   |
| • 500m Freestyle                             | 20             | Start easy and speed up to medium.<br>20 sec rest after each of following sets. |
| 100m Any stroke                              | 4              | Easy  |
| • 400m Freestyle                             | 16             | Medium  |
| 100m Any stroke                              | 4              | Easy  |
| • 300m Freestyle                             | 12             | Medium  |
| 100m Any stroke                              | 4              | Easy  |
| • 200m Freestyle                             | 8              | Medium-fast   |
| 100m Any stroke                              | 4              | Easy  |
| • 100m Freestyle                             | 4              | Fast as!  |
| SPEED WORK                                   |                |   |
| 4 x 50m Freestyle                            | 8              | On 50 seconds - swim fast!  |
| 8 x 25m Freestyle                            | 8              | On 30 seconds - swim fast!  |
| DRILL WORK                                   |                |   |
| 200m Freestyle<br>catchup/pull/kick/swim x 2 | 8              | Medium  |
| WARM DOWN                                    |                |   |
| 200m Any stroke                              | 8              | Easy - stretch out.   |
| <b>TOTAL</b>                                 | <b>108</b>     | <b>Give me more!</b>  |

# Level 2

## 2.3km

### Go the distance

| STROKE                                       | NO. OF LENGTHS | DESCRIPTION  |
|--|----------------|--|
| MAIN SET                                     |                |  |
| • 500m Freestyle                             | 20             | Start easy and speed up to medium as you go. 30 sec rest after each of the following sets. |
| 100m Any stroke                              | 4              | Easy   |
| • 400m Freestyle                             | 16             | Medium   |
| 100m Any stroke                              | 4              | Easy   |
| • 300m Freestyle                             | 12             | Medium   |
| 100m Any stroke                              | 4              | Easy   |
| • 200m Freestyle                             | 8              | Medium-fast  |
| 100m Any stroke                              | 4              | Easy   |
| • 100m Freestyle                             | 4              | Fast as!   |
| DRILL WORK                                   |                |  |
| 200m Freestyle<br>catchup/pull/kick/swim x 2 | 8              | Medium   |
| WARM DOWN                                    |                |  |
| 200m Any stroke                              | 4              | Easy - stretch out.  |
| <b>TOTAL</b>                                 | <b>60</b>      | <b>Give me more!</b>   |

# Level 1

## 1.5km

### Go the distance

| STROKE                                       | NO. OF LENGTHS | DESCRIPTION  |
|--|----------------|--|
| MAIN SET                                     |                |  |
| • 400m Freestyle                             | 16             | Start easy and speed up to medium as you go. 30 sec rest after each of the following sets. |
| 50m Any stroke                               | 2              | Easy   |
| • 300m Freestyle                             | 12             | Medium pace  |
| 50m Any stroke                               | 2              | Easy   |
| • 200m Freestyle                             | 8              | Medium-fast pace   |
| 50m Any stroke                               | 2              | Easy   |
| • 100m Freestyle                             | 4              | Fast as!   |
| 50m Any stroke                               | 2              | Easy   |
| DRILL WORK                                   |                |  |
| 200m Freestyle<br>catchup/pull/kick/swim x 2 | 8              | Medium   |
| WARM DOWN                                    |                |  |
| 100m Any stroke                              | 4              | Easy - stretch out.  |
| <b>TOTAL</b>                                 | <b>60</b>      | <b>Give me more!</b>   |