

# Level 3

## 2.5km

### Lots of 100s

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 400m Freestyle</b>	16	Slowly build to medium pace
MAIN SET		
<b>2 x 100m catch up</b>	8	All done at a medium / hard pace.
<b>2 x 100m kick</b>	8	
<b>2 x 100m pull</b>	8	
<b>2 x 100m (back or breast)</b>	8	
<b>2 x 100m drills</b>	8	
<b>4 x 100m Freestyle FAST</b> - 15 secs rest between 100s,	16	These last 4 x 100s done hard!
WARM DOWN		
<b>2 x 200m any strokes</b>	16	Easy pace steady shake out legs wind down and relax
<b>4 x 25m kick</b>	4	
<b>1 x 200m pull</b>	8	
<b>TOTAL</b>	<b>100</b>	<b>Fine effort!</b>

# Level 2

## 2.2km

### Lots of 100s

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Freestyle	16	Slowly build to medium pace
MAIN SET		
2 x 100m catch up	8	All done at a medium / hard pace.
2 x 100m kick	8	
2 x 100m pull	8	
2 x 100m (back or breast)	8	
2 x 100m drills	8	
4 x 100m Freestyle FAST - 15 secs rest between 100s,	16	These last 4 x 100s done hard!
WARM DOWN		
2 x 50m any stroke	4	Steady pace
2 x 50m kick	4	steady pace
1 x 200m free	8	Easy pace - stretch out and relax
<b>TOTAL</b>	<b>88</b>	<b>Fine effort!</b>

# Level 1

## 1.4km

### Lots of 50s

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 200m Freestyle	8	Stretch out and warm up
MAIN SET		
2 x 50m catch up	4	All done at a medium pace.
2 x 50m kick	4	
2 x 50m pull	4	
2 x 50m (back or breast)	4	
2 x 50m drills	4	
4 x 50m Freestyle FAST - 20 secs rest between 50s,	8	These last 4 x 50s done hard!
WARM DOWN		
4 x 50m any stroke	8	Easy pace - stretch out and try to really extend stroke.
2 x 50m kick	4	
1 x 200m free	8	
<b>TOTAL</b>	<b>56</b>	<b>Fine effort!</b>