

Level 3

2.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 800m 3 x free, 1 x alt each 100m	32	Easy warm up pace.
MAIN SET		
4 x 100m Free	16	Medium, 30 sec rest
50m Free	2	Fast! 60 sec rest
3 x 100m Free	12	Medium, 30 sec rest
50m Free	2	Fast!
2 x 100m Free	8	Medium, 30 sec rest
50m Free	2	Fast!
8 x 50m - butterfly, kick, breast, kick, back, kick, free, kick	16	Medium
10 x 25m any stroke	10	On 40 sec.
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	108	Gimme some more!

Level 2

2.3km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 600m 3 x free, 1 x alt each 100m	24	Easy warm up pace.
MAIN SET		
4 x 100m Free	16	Medium, 30 sec rest
50m Free	2	Fast! 60 sec rest
3 x 100m Free	12	Medium, 30 sec rest
50m Free	2	Fast!
6 x 50m - pull or butterfly, kick, breast, kick, back, kick	12	Medium
2 x 100m Free	8	Medium, 30 sec rest
50m Free	2	Fast!
6 x 25m any stroke	6	On 40 sec.
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	92	Gimme some more!

Level 1

1.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m 3 x free, 1 x alt each 100m	16	Easy warm up pace.
MAIN SET		
3 x 100m Free	12	Medium, 30 sec rest
50m Free	2	Fast! 60 sec rest
2 x 100m Free	8	Medium, 30 sec rest
50m Free	2	Fast!
4 x 50m - pull, kick, pull, kick	8	Medium
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	56	Gimme some more!