

Level 3

2.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 500m 3 x free, 1 x kick each 100m	20	Easy warm up pace.
MAIN SET		
3 x 100m Free	12	Medium. 20 sec rest.
1 x 50m Free	2	Fast
3 x 100m Free	12	Medium. 20 sec rest.
1 x 50m Free	2	Fast
4 x 100m IM pull if you can't do butterfly	16	Medium, 30 sec rest
3 x 100m Free	12	Medium. 20 sec rest.
1 x 50m Free	2	Fast
10 x 50m - repeat 50 kick/50 any	20	Easy down, fast back
WARM DOWN		
250m stroke(s) of your choice.	10	Easy pace - stretch out and try to really extend stroke
TOTAL	108	Please sir . . . more?

Level 2

2.3km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m 3 x free, 1 x kick each 100m	16	Easy warm up pace.
MAIN SET		
3 x 100m Free	12	Medium. 20 sec rest.
1 x 50m Free	2	Fast
3 x 100m Free	12	Medium. 20 sec rest.
1 x 50m Free	2	Fast
3 x 100m IM pull if you can't do butterfly	12	Medium, 30 sec rest
2 x 100m Free	8	Medium. 20 sec rest.
1 x 50m Free	2	Fast
8 x 50m - repeat 50 kick/50 any	16	Easy down, fast back
WARM DOWN		
250m stroke(s) of your choice.	10	Easy pace - stretch out and try to really extend stroke
TOTAL	92	Please sir . . . more?

Level 1

1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Free 3 x free, 1 x kick each 100m	16	Easy warm up pace.
MAIN SET		
2 x 100m Free	8	Medium. 45 sec rest
50m Free	2	Fast
2 x 100m - Pull, back, breast, free	8	Medium, 45 sec rest
2 x 100m Free	8	Medium. 45 sec rest
50m Free	2	Fast
4 x 50m - Kick, pull, kick, pull	8	Medium. 20 sec rest
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	60	Please sir . . . more?