

# Level 3

## 2.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>600m</b> 3 x free, 1 x alt each 100m	24	Easy warm up pace.
MAIN SET		
<b>200m Free</b> ] Repeat x 4	32	Medium. On 3:30
<b>50m Free</b> ]	8	Fast. On 1min.
<b>150m kick</b>	6	
<b>200m IM</b> pull if you can't do butterfly	8	Medium, 60 sec rest
<b>8 x 25m Free</b>	8	On 30sec.
<b>200m IM</b> pull if you can't do butterfly	8	Medium, 60 sec rest
<b>150m kick</b>	6	
WARM DOWN		
<b>200m stroke(s) of your choice.</b>	8	Easy pace - stretch out and try to really extend stroke
<b>TOTAL</b>	<b>108</b>	<b>When do we start the main set?</b>

# Level 2

## 2.3km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>500m</b> 3 x free, 1 x alt each 100m	20	Easy warm up pace.
MAIN SET		
<b>200m Free</b> ] Repeat x 3 <b>50m Free</b> ]	24	Medium. On 4 mins.
<b>100m kick</b>	4	Fast. On 1min 30sec.
<b>200m IM</b> pull if you can't do butterfly	8	Medium, 60 sec rest
<b>10 x 25m Free</b>	10	On 40sec.
<b>200m IM</b> pull if you can't do butterfly	8	Medium, 60 sec rest
<b>100m kick</b>	4	
WARM DOWN		
<b>200m stroke(s) of your choice.</b>	8	Easy pace - stretch out and try to really extend stroke
<b>TOTAL</b>	<b>92</b>	<b>When do we start the main set?</b>

# Level 1

## 1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>400m</b> 3 x free, 1 x alt each 100m	16	Easy warm up pace.
MAIN SET		
<b>200m Free</b>	8	Medium. 45 sec rest
<b>50m Free</b>	2	Fast. 45 sec rest
<b>200m Free</b>	8	Medium. 45 sec rest
<b>50m Free</b>	2	Fast. 45 sec rest
<b>200m Medley</b>	8	Medium, 45 sec rest
2 each of pull, back, breast, free		Medium. 45 sec rest
<b>4 x 50m - Kick, pull, kick, pull</b>	8	Medium. 20 sec rest
WARM DOWN		
<b>200m stroke(s) of your choice.</b>	8	Easy pace - stretch out and try to really extend stroke
<b>TOTAL</b>	<b>60</b>	<b>When do we start the main set?</b>