

Level 3

2.8km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 600m 3 x free, 1 x alt each 100m	24	Steady warm up
MAIN SET		
2 x 200m Free	16	200m Medium, 200m Fast - Rest 30
2 x 200m pull / other stroke	16	Easy
2 x 100m kick	8	Fast up, slow back - Rest 30
4 x 100m 100 each free, back, breast, kick	16	Fast up, slow back - Rest 20
1 x 200m pull / other stroke	8	Easy
4 x 50m Free	8	On 50 sec
8 x 25m Free	8	On 30 sec
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 2 lengths pull, 2 lengths kick order
TOTAL	112	Luxury!

Level 2

2.3km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m 3 x free, 1 x alt each 100m	16	Steady warm up
MAIN SET		
2 x 200m Free	16	Medium - Rest 30
1 x 200m pull / other stroke	8	Easy
100m kick	4	Fast up, slow back
4 x 100m 100 each free, back, breast, kick	16	Fast up, slow back - Rest 20
1 x 200m pull / other stroke	8	Easy
4 x 50m Free	8	On 1 minute
8 x 25m Free	8	On 35 sec
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 2 lengths pull, 2 lengths kick order
TOTAL	92	Luxury!

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m 3 x free, 1 x alt each 100m	16	Steady warm up
MAIN SET		
1 x 200m Free	8	Medium - Rest 30
1 x 200m pull / other stroke	8	Easy
2 x 50m kick	4	Fast up, slow back
4 x 50m 50 each free, back, breast, kick	8	Fast up, slow back - Rest 20
1 x 200m pull / other stroke	8	Easy
4 x 25m Free	4	Fast
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 2 lengths pull, 2 lengths kick order
TOTAL	64	Luxury!