

Level 3

2.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m free	16	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
1km free	40	Time it and see how fast you can go.
6 x 25m underwater	6	
10 x 25m underwater w flippers	10	Go as far as you can underwater, then easy free to end. 15 sec rest.
1 x 200m free w flippers	8	Go as far as you can underwater, then easy free to end. 10 sec rest.
4 x 50m	8	Easy
50 each of back, breast, kick, pull		Medium
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	108	Can I surface now?

Level 2

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
300m free	12	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
800m free	32	Time it and see how fast you can go.
6 x 25m underwater	6	
10 x 25m underwater w flippers	10	Go as far as you can underwater, then easy free to end. 15 sec rest.
1 x 200m free w flippers	8	Easy
4 x 50m	8	Medium
50 each of back, breast, kick, pull		
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	96	Can I surface now?

Level 1

1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
150m free	6	Steady warm up
50m back	2	
50m breast	2	
50m kick	2	
MAIN SET		
500m free	20	Time it and see how fast you can go.
4 x 25m underwater	4	
4 x 25m underwater w flippers	4	Go as far as you can underwater, then easy free to end. 20 sec rest.
1 x 100m free w flippers	4	Go as far as you can underwater, then easy free to end. 20 sec rest.
4 x 50m	8	Easy
50 each of back, breast, kick, pull		Medium
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	60	Can I surface now?