

Level 3

2.8km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m free	16	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
500m free 3 slow, 1 fast every 100m	20	Time it and see how fast you can go. Go as far as you can underwater, then easy free to end. 15 sec rest.
200m alternate back/breast each length	8	
500m pull 3 slow, 1 fast every 100m	20	Go as far as you can underwater, then easy free to end. 10 sec rest. Easy Medium
200m kick	8	
500m free with flippers 3 slow, 1 fast every 100m	20	
WARM DOWN		
200m anything you like	8	Easy
TOTAL	112	Love the white sheet!

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			
400m free 3 slow, 1 fast every 100m	16		
200m alternate back/breast each length	8		
400m pull 3 slow, 1 fast every 100m	16		
200m kick	8		
400m free with flippers 3 slow, 1 fast every 100m	16		
WARM DOWN			
200m anything you like	8		Easy
TOTAL	96	Love the white sheet!	

Level 1 1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 3 x free, 1 x alt each 100m	16	Steady warm up
MAIN SET		
400m free 3 slow, 1 fast every 100m	16	
100m back, breast, back, breast	4	
200m free 3 slow, 1 fast every 100m	8	
4 x 50m kick	8	
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	60	Love the white sheet!

Level 1

Gera special

1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
100m pull	4	Steady and concentrate on breathing
100m free	4	Practice tumble turn
MAIN SET		
200m pull	8	Concentrate on arms
200m free	8	Concentrate on steady and breathing
200m 50 back, 50 breast, twice thru	8	Relax and enjoy
100m kick	4	Kicking from the hips, working hard
400m pull	16	Try to do 16 going as slow and steady as you need to go.
WARM DOWN		
200m anything you like	8	Easy
TOTAL	60	Love the white sheet!