

Level 3

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
800m 50m swim, kick, pull, back - x 4	32	Steady warm up
200m Backstroke	8	
MAIN SET		
6 x 50m Fly to Free - 15 secs rest	12	As much Fly as you can manage!
100m Breast easy	4	Easy
4 x 200m Mixed 1) Back - every 4th length 2) Drill - every 4th length 3) Kick - every 4th length 4) Pull x 200m	32	Different stroke every 4th length for first 3, last one pull. 15 seconds between 200s
4 x 50m free kick on 1.30	8	Hard out!
WARM DOWN		
1 x 100m anything you like	4	Easy
TOTAL	100	Enough different strokes?

Level 2

2.2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
600m 50m swim, kick, pull, back - x 3	24	Steady warm up
200m Backstroke	8	
MAIN SET		
4 x 50m Fly to Free - 15 secs rest	8	As much Fly as you can manage!
100m Breast easy	4	Easy
4 x 200m Mixed 1) Back - every 4th length 2) Drill - every 4th length 3) Kick - every 4th length 4) Pull x 200m	32	Different stroke every 4th length for first 3, last one pull. 30 seconds between 200s
4 x 50m free kick on 1.30	8	Hard out!
WARM DOWN		
1 x 100m anything you like	4	Easy
TOTAL	88	Enough different strokes?

Level 1

1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 50m breast, back, kick, pull - x 2	16	Steady warm up
MAIN SET		
500m free 3 free, 1 kick every 100m	20	
200m 50m back, breast, pull, free	8	
200m free 3 free, 1 kick every 100m	8	
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	60	Let the white sheet be your guide

Level 1

1.8km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 50m breast, back, kick, free - x 2	16	Steady warm up
MAIN SET		
200m pull	8	Concentrate on arms
400m free	16	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
200m pull	8	Concentrate on arms
100m kick	4	Kicking from the hips, working hard
WARM DOWN		
200m anything you like	8	Easy. Try out tumble turns.
TOTAL	72	Love the white sheet!