

Level 3

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
800m 50m swim, kick, pull, back - x 4	32	Steady warm up
200m Breaststroke	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 Free + extras 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 Breaststroke	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 Free + extras 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 2.00	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 swim, kick, pull, back - x 4	16	Steady warm up
MAIN SET		
100m Breast easy	4	Easy
4 x 200m Free + extras 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.
2 x 50m free kick	4	Hard out! 30 secs rest
WARM DOWN		
1 x 100m anything you like	4	Easy
TOTAL	60	Enough different strokes?